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Tops for e-government

E-government: Portugal comes from nowhere to set the trend for the rest of Europe to follow. (See p. 3)

South African Ambassador interview

The Portugal News speaks to the S. African Ambassador on issues such as crime, affirmative action, Robert Mugabe and life after Nelson Mandela. (See p. 2)

Bush is always welcome in Portugal

Prime Minister José Sócrates, on a visit to Washington, appears to have further cemented ties between the US and Portugal and says that President George Bush will always be welcome in Portugal. (See p. 5)

Immigrant numbers down

In its report on immigration to Portugal, the OECD says the departure of 67,000 Ukrainian nationals between 2004 and 2005 was largely responsible for the reversing of Portugal's immigration trend, which peaked in 2005 when 469,000 were legally living and working in Portugal. (See p. 6)

Schengen enlargement for 8 states

The Schengen free movement zone will be expanded to include eight of the European Union's newest members by year's end, perhaps before Christmas, the Portuguese presidency and the European Commission announced. (See p. 6)

Weekend weather

Lisbon: Saturday: Partly Cloudy, high of 24°
Sunday: Sunny, high of 27°
Faro: Saturday: Sunny, high of 26°
Sunday: Sunny, high of 26°
Oporto: Saturday: Mostly Sunny, high of 23°
Sunday: Partly Cloudy, high of 24°

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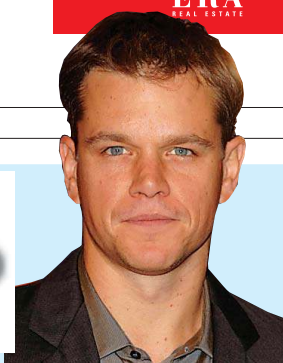
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Chelsea confirmed late 19 September 2007 that manager José Mourinho has left the club by 'mutual consent'

THE SPECIAL ONE SAYS GOODBYE

See
story,
page 18



Picture dated 03 February 2007 shows Chelsea manager Portuguese Jose Mourinho during his team's Barclays Premiership League clash with Charlton Athletic at the Valley Stadium in London. (Photo: EPA/Lindsey Parnaby)

South African Ambassador Thandiwe Profit-McLean



Thandiwe Profit-McLean is currently midway through her four-year term as South African Ambassador to Portugal. Before taking up her post, Ambassador Profit-McLean was Deputy Director-General, Arts, Culture and Language in Society in the Department of Arts and Culture. She was also the National Coordinator of the 10 Years of Freedom Celebrations Presidential Project. This week, she speaks to **The Portugal News** on issues such as crime, affirmative action, Robert Mugabe and life after Nelson Mandela.

Confronted with the thorny issue of Zimbabwe's presence at the EU-Africa summit later this year which will be hosted by Portugal, Ambassador Profit-McLean explains: "The initial intention of staging an EU-Africa summit is to get people talking. We have not had a summit for seven years and the feeling was mutual that it was due."

Clearly the question of participation has become an issue, but if the African Union is to be invited then the AU as a whole should be represented. South Africa cannot prescribe who should or should not be present."

She says that there is a lot of goodwill amongst most of the 53 African states represented by the AU, and the 27 nations that comprise the EU, and it would be a pity if the summit were to be cancelled, as there are so many other issues the two continents need to talk about, not just Zimbabwe.

But she stresses that the South African government has never ceased to express its interest in the observation of human rights, and does not support the violation of rule of law anywhere in the world.

"But if we look back at South African history, when we were in the thrust of apartheid, there was nobody who invaded the country. South Africans had to sit down and sort out South Africa's problems."

"The people of Zimbabwe have to ultimately sort out the problems of Zimbabwe. There has been ongoing discussion between Harare, the Zimbabwe opposition, SADC and South African President Thabo Mbeki where dialogue has been encouraged, and UN proposals for peace have been supported."

She further reasons that while many nations are looking to South Africa to solve the problems of Zimbabwe, "Nobody is saying out loud what they think."

Ambassador Profit-McLean reasons that as her country and Zimbabwe "are neighbours, we bear the brunt of what is going on in there."

But asks: "Where do you begin and where do you end when it comes to interfering in the affairs of a foreign state?"

There is no country that feels as passionately about human rights as we do."

As far as crime is concerned, and a moratorium issued by the government to better control the release of statistics referring to the country's high murder rates, she reasons that people have often abused these figures for political gain, and says the impact of apartheid on the post-apartheid South African society is often ignored.

"Many people are in denial as to the relationship between apartheid and crime", she says.

"Statistics are important for purposes of comparison, be it crime, AIDS, housing or education."

"But people are not just criminals because they were born that way. Let's wait and get the statistics right, people use statistics for political gain, almost irresponsibly", argues the Ambassador.

She continues that the country's tourist figures are soaring.

"We are hosting the World Cup, it is in our interest to host a safe World Cup. Crime is a pain for South Africa, we have sons and daughters who are victims", she states, "Criminals do not only target white people, or Portuguese people. They don't see colour."

Continuing on the theme of crime and the apparent greater awareness of crime in South Africa to the extent that it has become an international talking point, Mrs Profit-McLean says that "Because we were physically separated, whites were secured by the police, the army and high walls, while black life was inferior to that of white life. People were brutalised and had no education."



South African Ambassador Thandiwe Profit-McLean. (Photo: The Portugal News)

She says that through the elimination of poverty crime will be reduced.

"If I am living well, have food on the table, a home, water and electricity, I will not be jumping over your wall."

The Ambassador is a staunch supporter of black Economic Empowerment (BEE) and says it has provided substantial business experience. The development of Africa and the harnessing of the relevant international and African resources, is a key driving force for Ambassador Profit-McLean who is also very passionate about issues of gender and women's empowerment.

"White capital has benefited from BEE. If you have a population of 45 million and only five million are involved, the country will not realise its potential. Freedom did not only liberate black South Africans, but also white South Africans."

"People choose to see affirmative action in a negative light. Now that people are no longer judged on the basis of colour, how do we change this? Many competent people were not involved. Affirmative action is not a negative thing at all", she explained.

As far as the 2010 World Cup is concerned, the Ambassador emphatically states "The World Cup is going ahead. We are on track."

Using the successful staging of tournaments such as the Rugby World Cup, Cricket World Cup, the Twenty 20 World Cup, and the African Nations Football Cup, she pledges that the country will not only host a successful World Cup, but a safe one too, and will be counting on a huge police presence throughout the event.

She also argues that South Africa is committed to hosting a successful tournament, as the country is indebted to the rest of Africa, and a good World Cup will not only reflect favourably on the country, but on the whole continent.

Regarding name changes, she explains that "Transformation is always difficult. But people have to remember how much has been given."

She continues: "We had to find space for people like Nelson Mandela and Oliver Tambo in a

predominantly white South Africa. Many countries have streets and places named after Nelson Mandela. Reconciliation is a two-way street. Name changing is about give and take. Nonetheless, we talk about Tshwane but we still say Pretoria, we talk about Guateng, but we still say Johannesburg."

Stressing her point that "South Africa belongs to all", she adds: "The fact that we did not have a bloodbath in South Africa speaks for the quality of people we have in the country. There is a lot of goodwill."

To conclude, Ambassador Profit-McLean expressed little concern over South Africa's future when Nelson Mandela dies, actually showing more unease over the looming succession battle for leadership once President Thabo Mbeki steps down.

So what will happen in South Africa when Mr Mandela dies?

"There is no anxiety around this. We will find South African solutions to whatever obstacle we face. We will be sad to lose Mandela and we are proud and fortunate to be associated with him."

In contrast, the "Succession of President Mbeki is high on people's agenda. What happens within the African National Congress is clearly of concern, but the December party conference will decide many things. There is a lot of speculation and there are always factions in political parties. But I believe common sense will prevail. The old discipline of the ANC kicks in when all else fails and will act in the best interest of the country."

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Portugal tops for e-government



Portugal has come from nowhere to set the trend for the rest of Europe to follow. The country has sky-rocketed seven places up the 2007 e-government rankings and is now the third best European Union state when it comes to providing online services at both the citizen and business level. The study, presented on Thursday afternoon, shows that Portugal has successively climbed the rankings since they were first released in 2000 and the country has now clearly become an example to its fellow 26 EU member states of how to make rapid progress in this department.

Portugal is now officially one of the most sophisticated countries in terms of e-government as efforts by the Lisbon hierarchy in recent years start reaping dividends.

The study was conducted by consulting company Capgemini on behalf of the European Commission and consists of two separate rankings; one on the availability of online services and the other comparing the sophistication of these services.

Portugal has, since June 2006

when the last such study was published, climbed seven places to third in terms of availability and jumped six places to fourth when referring to the sophistication of e-government.

The list, in terms of availability, is topped by Austria followed by Malta.

Looking back at previous years, Portugal's progress is even more striking.

In 2005, the country was rated 14th, meaning that in the space of just two years, Portugal has im-

proved its rating by 11 places.

The level of availability and sophistication of on-line services directed at companies, the survey says, are both rated at 100 percent, values which are 29 and 16 points above the EU average, respectively. While this figure falls to 75 percent at citizen level, it remains 25 percent above the community average.

The news of Portugal's strong showing came as 36 countries gathered in Lisbon for a conference on e-Government.

No more questions for the McCanns



In a statement released on Wednesday afternoon, the Évora District Attorney-General explained that no further questioning of the parents of Madeleine McCann has been scheduled. The news comes in the week where not only did police decide to dispense with the services of their spokesman, but also where the judge in the case failed to receive authorisation, for now, to speak on latest developments.

In a statement issued late Wednesday evening district attorney Luís Billo Verão explained, "No new evidence justifying further questioning has emerged since September 7 (when Kate and Gerry were made formal suspects)."

Mr Verão added that the current status of Madeleine's parents will remain unchanged as "in accordance with investigative elements collected thus far, the existing measures are deemed adequate".

The judge concluded that no line of investigation has been excluded, which effectively means that Portuguese authorities are still pursuing the possibility that Madeleine McCann was abducted from her Praia da Luz apartment on May 3rd.

Separately, the Supreme Council of Magistrates this week announced that it would not be speaking directly on the case, nor allow Judge Pedro Miguel dos Anjos Frias to do so.

It said the public prosecutor's office was in charge of investigations and would be responsible for issuing information. However, admitting to "communicational inadequacies that still persist at our courts" the council has assumed, in collaboration with the judge, the release of any information, but says that for the time being, it sees no need for the council or the judge to speak publicly on the case.

In another development, Portuguese police have been left without a voice after chief inspector Olegário Sousa was removed as police spokesman.

Apparent discord between him and fellow detectives has been a regular talking point among journalists in recent months.

Unofficial reports suggest the Chief Inspector stepped down in disgust at the constant leaking of information.

Mr Sousa confirmed his removal from the case in a text message sent to *The Portugal News* saying: "Good morning, the case is with the public prosecutor in Portimão so all further inquiries will have to be directed at these services".

A spokesperson for the Department of Public Relations and Documentation in Lisbon meanwhile told *The Portugal News* that Chief Inspector Sousa was no longer involved at any level in the case involving Madeleine's disappearance.

She also said she was unaware of plans to find a replacement for her colleague.

Back in August, the Chief Inspector said of police leaks in an extensive interview with *The Portugal News*: "They are undesirable. But it is difficult to establish who these leaks are. Information is probably not leaked on purpose. I believe sometimes things are said at an informal lunch after which a friend tells a friend who knows a journalist. But there's no doubt, these leaks complicate my job."

In the meantime, and while no further questioning of Kate and Gerry McCann has been scheduled, investigations can be conducted through the issuing of rogatory letters which are letters issued to a foreign court requesting a judge to take evidence from a specific person within that court's jurisdiction.

According to the Portuguese Civil Procedure Code, the act of issuing a rogatory letter is when a court or authority solicits a foreign authority to carry out a judicial act.

Should the act be deemed urgent, it can be ordered or solicited by telegram, telephone or other analogical means of telecommunication.

These letters could also contain requests which may include the seizing of an object.

A legal source close to the case has told *The Portugal News* that to her knowledge, no requests had yet been filed with British police, including confiscating personal possessions.

It was also confirmed by the Portuguese law office representing the McCanns that since taking charge of the case, "Portuguese newspapers are being looked at, and some clippings are being kept aside".

They refused to elaborate as to why clippings were being kept, adding they were not reading the British press.



Prime Minister José Sócrates speaks to US President George W. Bush after a meeting in the Oval Office of the White House on Monday. US President George W. Bush and Portugal's Prime Minister José Sócrates met with each other to discuss world affairs, and relations between their two nations. (Photo: EPA/Brendan Smialowski)

Shockwaves ripple community as murder suspects are freed



After being sentenced to 22 years in jail, the three suspects found guilty of British ex-pat John Turner's murder, following a raid on his home in Sobradinho da Alfeição, were released last Saturday under the new penal code of preventative custody.

They had reportedly exceeded the maximum time limit for suspects to be held in preventative custody, of 18 months, a recent law change that was introduced last week. As the new penal code was introduced on Friday, the three men were freed the following day. They had appealed the judge's original decision, which was announced on October 27th 2006, following John Turner's murder

on April 28th, 2005.

Detained by police on August 2nd 2005 and identified as Vasile Cucicea, Ioan Rusus and Dumitru Pekura, the three suspects maintained that one of two others was singularly responsible for the man's attack and subsequent fate. Neither of the remaining suspects was caught, it is believed they fled the country.

A group of five men had stormed the Sobradinho da

Alfeição residence, tying up the man and his wife, Helen Turner, before beating and brutally attacking Mr. Turner and fleeing with two top-of-the-range cars and other valuables.

An initial autopsy from Faro hospital said Mr. Turner had died due to a heart attack, though further autopsies in both Portugal and the UK showed Mr. Turner had died as a direct result of the violent attack.

A very special 'home-coming'



Born on May 1st, 1990, Maria de Jesus Schöyen was a happy baby, full of giggles and smiles. At just 18 days of age she was placed in the care of Refúgio Aboim Ascensão in Faro, from where she was later adopted by ex-pats Bjorn and Rosa Maria Schöyen. Seventeen years on, Maria de Jesus, or Juju as she is affectionately known, returned to volunteer for two weeks' work in the 'Little Pink House', from where her life began.

Refúgio Aboim Ascensão director, Dr. Luís Villas-Boas, describes Maria de Jesus as a "very special young lady". She was one of the first babies to be placed into the institution's brand new adoption centre facilities, which were inaugurated in 1990. A visit by Portugal's then First Lady, wife of ex-Portuguese President Mário Soares, Maria de Jesus Soares, who is also president of Dr. Villas-Boas' 'El' Infant Emergency organisation, gave Juju's her name.

Dr. Villas-Boas happily recalls the first lady's visit, when Maria de Jesus Soares saw the little girl, then still unnamed, picked her up and "fell in love" with her.

"I suggested that maybe we could call the little girl after Maria de Jesus Soares and that she could be her 'godmother'. And she said yes", explains Dr. Villas-Boas.

Maria de Jesus Schöyen is now 17 and currently sitting exams to become a flight attendant. She lives with her parents in southwest France, in Soustons.

Over the past 17 years she has moved with her family around Europe, and has had a very happy childhood. The family have kept in touch with the Refúgio, from where Juju also has an adopted brother, and says that knowing she was adopted did not really change her life.

"My parents told me when I was about seven or eight", she says, "but when I found out I wasn't really shocked, it wasn't like my whole world fell apart or anything. When I was at school other children used to ask me if it was normal that I had white parents when I was black, but I never really noticed".

She made the decision to return to Faro and volunteer after she visited the institution with her parents in July. At Dr. Villas-Boas' suggestion she jumped at the chance, and for the past two weeks has been actively involved in the daily life of the 95 children who live in the little pink house.

"I talk to them and feed them, and I've learnt how to try and make a small child stop crying", she says of her time in the Refúgio, which Juju also describes as a "very positive experience" of which she will take home "lots of good memories".

"When I get back I think I will be spending a whole evening telling my parents about these two weeks. They will want to know every detail," she laughs. "There are so many adorable babies here and I just want to take care of all of them".

Trips to the park, to the beach

and even to the zoo in Lisbon were all packed into her active two weeks' volunteering, rounded off by another trip to Lisbon on Monday, before flying home on Tuesday, to see her 'godmother', Maria de Jesus Soares.

Despite having few memories of the home – Maria de Jesus left when she was two – she still feels a strong bond with the workers and the children. Even though she was only there a short while she is warmly remembered by many of the institution's long-standing staff, including the cook, the caretaker, and a handful of carers.

Whilst her dream is to be a flight attendant, Juju does not exclude the possibility of one day working with children in such institutions and "will definitely return next year".

This pleases Luís Villas-Boas, who always welcomes anyone who is interested in volunteering, principally during the hectic months of summer, though "we do have to be very cautious with whoever we let work with the children". He is highly praising of Juju's work and dedication, he hopes others will follow in her footsteps by one day returning



Maria de Jesus Schöyen with Dr. Luís Villas-Boas (Photo: The Portugal News / Carrie-Marie Bratley)

to their roots.

Not only was Maria de Jesus the first adoptee to return to the home from a foreign country, her parents were amongst the first foreign ex-pats in Portugal to be actively involved with Refúgio Aboim Ascensão. They have accompanied its progress since Luís Villas-Boas' takeover in the early 1980's and still remain in touch.

"I think it's wonderful how these ladies take care of the children", says Juju, now a confident and happy teenager, "It's important that they are happy and healthy babies, and I really have to congratulate the staff. They are wonderful".

Portuguese language could be at risk within 10 years in Timor

The Portuguese language in East Timor "could be at risk in five to 10 years if there is not investment in teaching," Dili's education minister has warned.

In comments to Lusa, João Cândia said Timor's government has no plans to alter the status of Portuguese as an official language of the new nation, along with Tetum.

But extra investment is needed from Portugal and Brazil, Timor's traditional Lusophone cooperation partners in the fledgling state's education system, added Cândia.

Timor's education minister noted that at the time of Dili's independence five years ago, it was predicted that Indonesian Bahasa would die out as a language within "eight years".

However, the replacement of Bahasa, by Portuguese as the everyday language of many Timorese has not been possible due to insufficient resources being channelled into teaching the European tongue, the minister said.

Timorese lawmakers approved a bill at the weekend to make Tetum the official language of instruction in the first two years of primary education in state schools.

Under the new system, Portuguese will be introduced as a foreign language in the third year of schooling.

"Timorese society doesn't speak Portuguese. Introducing Portuguese, a foreign language, in the first school year doesn't make sense," Dili's education minister said.

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Bush is always welcome in Portugal

US President George Bush has highlighted the importance of "joint work" between Washington and the European Union and also thanked Portuguese Prime Minister José Sócrates for Lisbon's support for military interventions in Afghanistan and Iraq.

President Bush was speaking after around an hour of talks with Portugal's government chief, whose country holds the EU presidency. Both leaders made short declarations after the encounter and declined to take questions from reporters.

Bush said he had discussed the "current level of relations" between the US, the EU and Portugal.

"I asked the prime minister what the level of relations are and he told me they are good. I also think the same," the US leader said.

"The Portuguese prime minister told me that he wants to work in close proximity to the US. I said that I also want to work in close connection with him, maintaining a strong cooperation."

Regarding the future of Kosovo, an issue where Washington has divergences with some EU member states, Bush stressed

the importance of "joint work" with Europe.

"We must resolve these difficulties," added Bush.

Prime Minister Sócrates, speaking in English, said the main priority of Lisbon's EU chair is to maintain "a strong and united Europe" and work "in close coordination with the US in favour of stability and world security."

Also present at the White House meeting were US state Secretary of State Condoleezza Rice and her Portuguese counterpart, Luís Amado.

Ahead of his meeting with George Bush, which officials said had focussed on wide-ranging issues including the transatlantic alliance, international trouble spots and alternative energy policies, Portugal's prime minister said he would brief America's leader on the priorities of Lisbon's EU leadership.

These key concerns of Portugal include the Middle East peace process, Kosovo's future status and Afghanistan, said Prime Minister Sócrates, who, despite being skeptical of US policy in Iraq, has reiterated the traditional bilateral friendship between Lisbon and Washington. *TPN/Lusa*



Speaking after a meeting with US President George Bush at the White House Monday on a wide range of issues, Portuguese Prime Minister José Sócrates, although a sceptic of Washington's Iraq's policies, highlighted the traditional friendship linking Portugal and the United States and said Bush would "always be welcome" in Lisbon.



Prime Minister José Sócrates jogs in front of the Lincoln Memorial in Washington DC prior to being received by President George W. Bush at the White House on Monday. (Photo: Lusa / André Koster)

Historical artefacts discovered during coastline cleaning

Last Saturday, September 15th, dives school "Divers Cove", based in Carvoeiro, Algarve, was amongst the many associations that took part in a global awareness-raising day, that saw coasts and sea beds around the world being cleared of debris and rubbish. During the morning's on-goings, they discovered two significant examples of Roman history, off the Western Algarve coastline.

In collaboration with Portimão-based diving school PortiSub, the event saw more than 100 volunteers come together, who from 09h00 until 14h00 jointly cleared over 200 kilos of rubbish from the seabed and cliff faces along the coastline.

As the first PADI-accredited dive school in the country, Divers Cove adopted their pilot project AWARE – Aquatic World Awareness, Responsibility and Education – which has since seen national adherence. It was Divers Cove's 15th year of being actively involved in the global event, after introducing the project in Portugal in 1993.

On Saturday morning the many participants gathered at Caneiros beach, including 22 staff and organisers, 70 scuba divers, some from a Spanish dive association, 12 free divers, 16 helpers and rubbish collectors and four boats.

Much to the divers' surprise, amongst the glass bottles, fishnets, hooks, nylon lines, and other undesirable objects that had

found a resting place on the seabed, were two large Roman anchors, believed to be over 2000 years old. Portimão museum officials were immediately informed and came to collect the items with delight.

It is thought the anchors will soon be put on display.

Stefan Bernhard Fend established Divers Cove in 1992. It became a full PADI-recognised institution in 1993, and over the years has trained hundreds of divers.

Every year the school takes part in the global AWARE project, which every year sees an increasing number of participants.

He hopes that next year even more people will volunteer to help in the environmentally significant campaign.

"When we first introduced the project we were just a few foreigners taking part" Stefan re-

the-news.net

calls, "People stared at us as we went out diving and came back without fish but with armfuls of rubbish. People found it weird."

"Now the local communities all come out in force to help, and are much more environmentally conscious."

Stefan believes that, given the nature of the rubbish, coastline fishermen and anglers can be held accountable for a large part of the waste.

"These fishermen do not have any training or awareness courses", he explains, "all they need to do is pay for their licenses and they can go and fish. So maybe introducing a day's course on how to correctly dispose of their rubbish, or installing bins along the cliffs would help solve the issue".

Another cleaning intervention is being planned for locals in the winter.



The divers who discovered the artefacts off the Western Algarve coastline

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EU Interior and Justice Commissioner, Italian, Franco Frattini (L) attends a news conference with Portuguese Minister of Interior Rui Carlos Pereira (C) and Portuguese Deputy Interior Minister José Magalhães (R) during a European Interior affairs council in Brussels on Tuesday. Interior ministers debated on the state of play of Schengen border-free zone's enlargement, planned for early next year. (Photo: EPA/Olivier Hoslet)

Schengen enlargement may be 'Christmas gift' for 8 countries

The Schengen free movement zone will be expanded to include eight of the European Union's newest members by year's end, perhaps before Christmas, the Portuguese presidency and the European Commission announced.

The announcement followed an assessment by the EU's interior ministers in Brussels that gave their blessing to the Portuguese-designed SISone4all personal data system that will be implemented with the planned end of land and maritime border controls.

"The evaluation of the system

has run perfectly", Portuguese Internal Administration Minister Rui Pereira said. "The conclusion is that everything is being accomplished on time, thus allowing by year's end, by Dec. 31, the lifting of land and maritime borders, according to all available data".

The commissioner for justice and internal affairs, Franco Frattini, said the Portuguese presidency and the commission were working together with the new members states to assure their timely inclusion in the Schengen zone.

The target date is the "week before Christmas", Frattini said, adding that it would be "a very good message for EU citizens".

The SISone4all system, a personal data system developed by Portugal's immigration and border services, has been operational and undergoing tests since Sep-

tember 1.

"Up to now there has been no problem on the technical level that makes this solution impossible or difficult" in implementation for eight countries, mostly from central Europe, that joined the EU in 2004, Pereira said.

TPN/Lusa

Thousands of ducks slain following bird flu fears

More than 25,600 ducks have been culled at two farms in Tomar and Barquinha in central Portugal. Activity has been suspended at the farms amidst fears of a bird flu outbreak after cases of the H5N2 virus were detected.

A source has since confirmed a second lot of birds were also killed later in the week on the larger of the two farms, a purge that is thought to have seen the killing of some 90,000 ducks.

Due to the difficulty in catching the free-range birds, which disperse when detecting abnormal movements, a weeklong capture is said to have taken place.

The same source also confirmed that during the first mass slaughtering 2,800 were killed on Friday, 15,000 on Sunday and a further 7,800 on Sunday.

One of the two farms, be-

longing to company Caça Brava, is reportedly the largest in Europe and spreads over 200 hectares, being located just 100 metres from the second smaller farm.

It was also revealed that the ducks were killed using solid CO2, to put them to sleep before being slain "to avoid suffering", after which they are put in bags and buried on the farms. This is contrary to initial reports that the ducks were to be incinerated.

Reportedly, both proprietors will be remunerated for their losses.

Immigrant numbers decline from record 470,000 in 2004

The number of legal immigrants in Portugal steadily increased for a decade until 2004 when a record 469,000 foreigners were living and working in the country, before falling in 2005 due to the poor performance of the economy, according to the OECD.

In its report on immigration to Portugal, the OECD (Organization for Economic Cooperation and Development) says the departure of 67,000 Ukrainian nationals between 2004 and 2005 was largely responsible for the reversing of Portugal's immigra-

tion trend.

Some 28,000 immigrants came to Portugal in 2005, down 6,000 compared to the previous year due to low economic growth in Portugal, the OECD report said.

From 2005, Brazilians (70,400) were the biggest group of immigrants in Portugal, closely followed by nationals of Cape Verde (69,600).

Citizens of Angola (34,600), Guinea-Bissau (25,200) and the United Kingdom (19,000) were, respectively, the other biggest immigrant communities in 2005, the OECD said. TPN/Lusa

Foreign bank card use hits record highs

SIBS, the company that manages electronic operations of debit and credit cards, said the highest number of transactions ever with international cards, both for withdrawals and payments, were recorded in Portugal last month.

More than two million withdrawals, totalling 260 million euros were made at automatic teller machines across the country in August, which is 24 million euros more than the same month in 2006.

The number of payments made rose from 3.5 million transactions to 3.8 million, which corresponds to a monetary value of 300 million euros.

Lisbon and Albufeira, followed by Loulé and Lagos are the

cities where the highest number of transactions with foreign cards were recorded, with more than 400,000 withdrawals totalling 55 million euros.

In the Algarve, one in seven withdrawals was made with a card issued outside of Portugal. SIBS says it currently has 12,000 operational ATMs in Portugal.

Man dies, family blame traffic police blunder

A delay caused by an ambulance driver being pulled over by BT traffic police in Ponte de Lima while transporting a patient may have caused the man's death, say family members. It was a journey supposed to have taken 15 minutes but which was delayed by 20 minutes as the ambulance driver was made to wait for his breathalyser results.

The 54-year-old patient, resident in Cabreiro, Arcos de Valdevez, had previously been to his local health centre complaining of intense chest pains. He was sent by ambulance to the neighbouring Ponte da Lima hospital, a journey that in normal circumstances would reportedly have taken around a quarter of an hour.

However, en-route to the hospital the ambulance driver was ordered by BT police to pull over and was submitted to a routine breathalyser test, leaving the ambulance stationary for some 20 minutes. After eventually being released, the patient it was carrying died in the hands of doctors a short while after arrival. Relatives accuse the police's intervention as being paramount in the man's death.

As BT officials refuse to comment, the man's brother-in-law, Cesário Gomes has said, "It is simply an incredible and revolting situation and I guarantee that the family will not rest or stop until all responsibility has been established".

According to Cesário Gomes, "GNR police ordered the ambulance to pull over on the A-28, allegedly for circulating with their emergency lights on. They asked for all documentation and tested the driver for alcohol twice".

"My brother-in-law died shortly after arriving at the hospital. I don't know whether it was because of the delay or not. What I do know is that this is a revolting and unthinkable situation".

Whilst BT have refrained from commenting, telling press agency Lusa a statement would be issued "later", ambulance company «Ambulâncias Arcuenses», who

transported the victim, have affirmed that the driver did inform police he was carrying two "emergency patients".

However, a PR spokesperson for the GNR (National Republican Guard) traffic brigade, Lieutenant-colonel Costa Cabral, told Portuguese TV channel SIC "the Guarda will do everything to clarify the incident and attribute responsibilities".

He also explained that, according to initial information, the BT's intervention was "normal" and that the ambulance "would not have been stationary for more than five minutes".

"It is important to stress that this was not a normal ambulance, but a private ambulance that does not usually carry emergency patients, therefore it is normal for the BT to have ordered it to stop".

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| WEDNESDAY | - Kick-boxing Ninjutsu Kick Boxing Jiu-Jitsu (for women 12:00 - 13:30) (18:00 - 19:30) (19:30 - 21:00) (20:00 - 21:30) |
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Finance ministers look for unity



The European Union's finance ministers have agreed at a meeting in Portugal to seek a "united and strong voice" in upcoming negotiations over a new model of governance for the International Monetary Fund and the choice of a new leader for the world financial body.

French Finance Minister Christine Lagarde holds a joint press conference together with US Secretary of the Treasury Henry Paulson (unseen) at the Economy Ministry in Bercy, Paris, on 17 September 2007. The press conference was about the next G7 meeting in Washington from 19 through 21 October 2007. (Photo: EPA/Lucas Dolega)



Portuguese Finance Minister Fernando Teixeira dos Santos, who chaired the two-day ECOFIN meeting, reaffirmed the bloc's support for Dominique Strauss-Kahn, a former French finance minister, for the post of IMF director-general and openness to demands from emerging economies for a stronger role in the IMF.

The EU has and will continue to play an "important and constructive role" in seeking to contribute to reaching a "general consensus" on these matters at IMF meetings set for the end of next month in Washington. Teixeira dos Santos told a news conference concluding the ECOFIN gathering in the northern Portuguese city of Porto.

Strauss-Kahn, who has the EU's backing, faces only one challenger for the top IMF post, former Czech central bank governor Josef Tosovsky, who is supported by Russia.

Teixeira dos Santos also said his EU colleagues had converged on the need to "re-enforce the legitimacy" of the IMF by giving greater "weight" to the "more dynamic emerging economies".

The EU, he added, was seeking a common position over revision of IMF quotas.

"The more united and stronger the EU's voice is in international financial institutions, the better it will be", the European Commissioner for Economic and Monetary Affairs, Joaquín Almunia of Spain, told the joint news conference.

"A united EU voice in IMF activities is important, as it is impor-

tant to give emerging countries a stronger voice", Almunia said.

In their working sessions Friday, the ministers ordered the bloc's Economic and Financial Committee to study the transparency of complex financial instruments and bank risk management procedures in the wake of recent international financial turbulence.

They also decided to closely monitor the quality of public finances and the need to modernize public administration within the bloc's member states.

Separately, the Eurogroup says it recognises risks, but sidelines immediate downward revision of growth prospects.

The 13 finance ministers of the Euro Zone have acknowledged that there were "added risks" to growth of their economies from recent financial turmoil in international markets, but set aside any immediate scenario of reducing growth projections for 2007 and 2008.

"We think that in 2007 and 2008 our economies will expand around the potential growth, without ignoring that risks have increased due to the latest developments in international markets that will impact on growth perspectives", the Eurogroup's president, Luxembourg Prime Minister and Finance Minister Jean-Claude Juncker, said at the close of a meeting.

The Eurogroup meeting in the northern Portuguese city of Oporto, as usual, came ahead of the Ecofin meeting of all the EU bloc's finance ministers under the Portuguese EU presidency. *TPN/Lusa*



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PPP HEALTHCARE

Justice chief proposes outlawing of 'bomb-making' websites

European Justice Commissioner Franco Frattini has said that he will propose that EU member states make it illegal to publish bomb-making instructions on the internet.

Speaking to the Lusa News Agency on the sidelines of a high-level conference on immigration in the Portuguese capital, Mr Frattini said the plans to deny potential terrorists access to online information about bomb manufacturing were part of a strategy to counter terrorism to be presented to EU member states

later this year.

The proposals are also targeted at online information on liquid explosives and improving the ability of judicial systems in member states to exchange information on convicted terrorists and others suspected of involvement in planning attacks, added Commissioner Frattini.



Prime Minister José Sócrates makes a speech in his role as the leader of the Socialist Party during the opening sessions of the New Frontiers Forum under the banner of "Opportunities for All" last Saturday at the FIL Conference Centre. (Photo: Lusa / João Relvas)

Sócrates 'optimistic' over treaty approval after Warsaw meet



After talks last Friday with Polish President Lech Kaczynski, Portuguese Prime Minister José Sócrates said he remained confident that his country's EU presidency will finalise an accord on the bloc's new treaty next month.

Prime Minister Sócrates, making a blitz visit to Warsaw for talks with Polish leaders, said his talks with President Kaczynski had "reinforced the idea that political will exists in all (EU) states to reach agreement (on the Reform Treaty) during an informal leaders' meeting" next month in Lisbon.

Poland holds politically sensitive legislative elections days after the Lisbon encounter, and there have been fears that Warsaw could derail the Portuguese EU chair's efforts to cement a deal on the Reform Treaty, meant to

replace the bloc's aborted constitution.

But Prime Minister Sócrates said that legislative polls in Poland next month will not disrupt efforts by the Lisbon EU presidency to finalise a treaty.

"Elections in Poland will not alter Polish foreign policy" and this means that EU member states will be able to reach accord on the new treaty "as quickly as possible", said José Sócrates after meeting Polish President Lech Kaczynski in Warsaw.

Poland holds politically sensitive legislative elections on Octo-

ber 21, days after an informal EU leaders' gathering in Lisbon, where Portugal's EU chair hopes to get the Reform Treaty approved ahead of its signing off at a formal meeting of heads of state and government in December.

After meeting Poland's president, Portugal's prime minister held talks with his Polish counterpart, Jaroslav Kaczynski, the president's twin brother.

Warsaw has said that it would join London in opting out of the Charter of Fundamental Rights, a cornerstone of the new treaty.

TPN/Lusa

SHORT-TERM LETS TO HOLIDAY MAKERS

by Dennis Swing Greene

A 4 part series examining issues concerning short-term lets to holiday makers:

- 1) *Misinterpreted Legislation* • 2) *When Renting becomes a Business*
- 3) *Commercial vs Residential Lets* • 4) *Rental Agent vs Villa Manager*

Part 3: Commercial vs Residential Lets

In the UK, letting is deemed to be *commercial* when the property is made available to the public at least 140 days a year and rented at least 70 days per annum. Unfortunately, Portuguese legislation makes no such clear definition as to the threshold between these two types of activities. In fact, contradictions abound. In 2005, a special tax rate, lowering the previous 25% levy to 15%, came into effect with the declared intention of encouraging non-resident property owners to declare their *residential* rental income from occasional lets of their Portuguese properties. In the same year, Inspectors raided Rental Agents in the Algarve, fining both agents and owners. Since then, inspections have spread to other regions.

Commercial vs Residential Renting

What guidelines exist to distinguish between *commercial* vs *residential* renting? Let us examine several practical examples that might help sort out the wheat from the chaff. Whatever the situation, it is always useful when the owners can also document the periods of personal use of the property.

Example n°1 - At one end of the spectrum is the case of the property owner who places his property with a *Holiday Letting Agent*, registered as a *commercial* business with the stated purpose of renting accommodations to tourists. The agent runs the activity from A to Z and eventually distributes the net proceeds to the participating owner. There would be little doubt that such an activity would fall under the *commercial* umbrella. The income

would be *commercial* ("Category B") and the property would need to be licensed by the local Council authorities.

Example n°2 - On the other hand, a property owner lets directly to holidaymakers, yet uses the services of a *villa maintenance* company. Such professional services should not influence the *residential* nature of the rent, even if the owner subcontracts part of the rental administration to the company. In fact, a professional maintenance service is almost a necessity for the *non-resident* landlord who is not physically present during most of the year to sort out upkeep and administration requirements. No new licensing should be necessary and income declared as "Category F" rents.

Example n°3 - A third case occurs when the owner contracts for a fixed seasonal price with a commercial letting agency. This company subsequently sublets to individual clients, assuming the responsibility and risk of the activity. From the owner's point of view, such an activity would fall under Articles of the Civil Code under the *NRAU*. Even though the owner should declare the income in "Category F" ("rendimentos prediais"), the property might still require licensing ("Hospedagem") because of the commercial nature of the Agency's subletting activity.

Internet Advertising Considerations

Regardless of whether you exercise a *commercial* or a *residential* rental activity, you won't have any holidaymakers unless they know that your property is available and suitable to their needs. Beyond "word-of-mouth" (always the best form of

publicity), the Internet is usually the cheapest yet most effective means for reaching potential holidaymakers.

Whether you run your own website or are part of a collective web service, it is imperative that you define "Terms and Conditions". Beyond the nuts and bolts of the agreement, your offering should be clearly defined, citing the appropriate Portuguese statutes, so that no doubt will exist as to the nature of your activity. It may also be advisable to have a "Disclaimer", stating what you are not doing so that there should not be a shadow of a doubt in eventual interpretations.

If you have not already done so, professional help is in order to ward off problems before they occur. A properly worded statement and agreed conditions could prove vital in preparing a comprehensive, well conceived defence in an eventual inspection process. "An ounce of prevention is worth a pound of cure"

Next: "Rental Agent vs Villa Manager"

Dennis Swing Greene is Senior Partner and an International Tax Consultant at **euroFINESCO.a**. For analysis, recommendations and implementation of solutions regarding your Holiday Let activity, consultations can be scheduled at our offices in Guia (Albufeira) and Lisbon (Chiado) or by phone or video conference both in Portugal and Abroad.

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Wine sector reform a top priority



The reform of the Common Market Organisation for wine is possible during Portugal's current EU presidency term, though it requires an opinion from the European Parliament in "useful time", Portuguese Agriculture Minister Jaime Silva has told Lusa in an interview.

The reform is "extremely important" for Portugal and also for the EU, and is thus one of the presidency's key issues in the agriculture sector, Silva said, ahead of the informal council of EU agriculture ministers that was held in Oporto this week.

Minister Silva said he would use the occasion to highlight conditions in the nearby Douro River valley, famous for the production of port wine. He hopes that when EU ministers visit the Douro vineyards they will understand why it is "not possible to uproot vines" and choose to produce another species in the region.

Uprooting vines is one of the proposals put forward by the European Commission to reform the wine CMO.

Regarding the sector, "we want to reach a political consensus on the major lines of the reform," but any decision depends on the opinion of the European Parliament, initially planned for February 2008, he said.

The Lisbon minister is trying to convince the European Parliament to release the opinion before the end of the year, so that the December council of EU agriculture ministers can go ahead with the decision to reform the wine CMO.

He recalled the problems that must be overcome to obtain a consensus and finish the process

for wine ahead of the sector liberalisation planned after 2013, when producers will have to be ready to compete internationally, without major support from the EU budget.

"We have to find a balance in wine reform", Silva said, including some changes that make it hard to obtain a consensus. An example is efforts to end the addition of sugar in the winemaking process, which is resisted by countries such as Germany, Austria or Slovenia, where that practice is a longstanding tradition.

Other member states such as Portugal are more concerned with the uprooting of vineyards, although Lisbon does not oppose this process as long as it is managed by each country.

Priorities besides wine on the council agenda are to review application of the Common Agricultural Policy (CAP) until present and to begin debate on agriculture after the 2013 liberalisation, particularly financing and implications on the overall EU budget.

"It's important to see what's happening on the market," said the Lisbon minister, adding "if there are clear signs that justify changes before 2013 then we shouldn't wait."

He cited the example of rising cereal prices, due "not just to biofuels", but also to "increased



Spain's Minister of Agriculture Fisheries and Food, Elena Espinosa, during the enthronement ceremony of Oporto wine fraternity at the EU Informal Meeting of Agriculture Ministers, during the Portuguese EU presidency in Oporto on Sunday. (Photo: Lusa / Estela Silva)

demand and production shortfalls" in countries such as the USA and Canada.

Adjustment proposals for the sugar CMO are also on the agenda, as well as issues concerning the milk market.

In the area of food security, Portugal wants to simplify the regulatory framework and move forward with legislation on animal feed labelling, with an emphasis on enhancing safety, competitive-

ness and innovation in the sector.

In fisheries, the situation of stocks is traditionally discussed in the second half of the year so that fishing quotas and the total

allowable catch (TAC) for species subject to limits can be decided in December.

The Commission is due to present in October its report on

problem species such as codfish.

Jaime Silva said he did not expect much "room to manoeuvre" to negotiate increased quotas for some species, such as whiting.

EU looks to Lisbon for immigration reforms support

The European Union's justice chief has unveiled plans for a "blue card" system for skilled immigrants and also said he was counting on support from Portugal's EU presidency to approve bloc-wide reforms on immigration by the end of the year.

Justice Commissioner Franco Frattini, speaking at a high-level conference on immigration in Lisbon, said the EU needs to ease its immigration controls. He said he would detail plans next month for a "blue card" system, based on the US green card, to attract more skilled workers to Europe.

According to Brussels, around 85 percent of unskilled migrants go to the EU and only five percent of these workers arrive in the US, with 55 percent of skilled labour going to America and only five percent to Europe.

Frattini said he wanted to reverse these trends through harmonization of EU immigration policies to allow in more workers across all categories.

The EU "blue card" proposals will be presented next month, the Italian commis-

sioner added, under which workers would be eligible for two-year residency visas with the possibility of extension and eventual right to permanent stay in the host country and later move to another EU state.

Proposals for immigrants to enjoy the same welfare and labor rights as EU citizens will also be put forward next month, Frattini told the conference.

The EU already has 18.5 million legal immigrants, representing about four percent of the 27-state bloc's population, he informed the gathering of immigration experts and EU justice ministers.

In an interview with Lusa on the sidelines of the Lisbon conference, Commissioner Frattini said he was depending on support from Lisbon's EU leadership to approve proposals to reform the bloc's immigration policies before the end of this year.

Frattini underscored that it is

vital to deepen dialogue on economic migration, as this is a pillar of Europe's global immigration strategy and essential to meet the rising demand for skilled labour in many sectors.

Europe "must be more attractive for qualified workers and offer legal work opportunities to those wanting to enter and work legally in the EU", he said, adding member states must crack down on the illegal labour market and visa-less immigrants.

"A global strategy in matters of legal migration is very advantageous to both sides (countries of origin and host states)", said Frattini, noting that it is necessary to "remove the causes of desperate immigration at the root" to resolve the problem.

Questioned on projections for Europe's future demands for labour, Frattini said United Nations figures forecast around 20 million workers will be required by 2050. *TPN/Lusa*



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| 2 | Aqua Pura Lda | Pool Covers |
| 3 & 4 | Pools & Things / Arviplar | Pool items |
| 5 | Bangla | Decoration |
| 6 | Action Complete Pest Control | Pest Control |
| 7 | Electrocomfort | Heating & Cooling |
| 8 | Acquapro | Water Treatment |
| 9 | 125 Removals | Removals |
| 10 & 11 | Sulcare | Health Equipment |
| 12 | O Cantinho Da Anita & J.cê Criações | Jewellery |
| 13 | Halti/Kong/Mera/Dogs | Pets Products |
| 14 | Vitalize Lda | Vitalize Products |
| 15 | Lara Beauty & Massage | Beauty Treatment |
| 16 | Alumashade | Garden Display & Shades |
| 17 | Eyelite | Pin Hole Glasses |
| 18 & 19 | Ashbourne Villiers | Investment |
| 20 | Sistrónica | Alarms |
| 21 | Montys Online Grocery | UK Food Stuffs |
| 22 | Gudrun Robinson | Tapestries & Rugs |
| 23 | Eurocooling | Heating & Cooling |
| 24 | Little Angels | Childrens' Wear |
| 25 | Gallery Off The Wall | Art Gallery |
| 26 | Babyworld/Mashona Rugs | Baby Clothing |
| 27 | International Community Centre | Church |
| 28 | Necci | Charity |
| 29 | Algarve Airsports Centre | Microlight |
| 30 | Euro Supplies | UK Food / Party Shop |
| 31 | Enquad-Art | Paintings & Frames |
| 32 | Smartcare | Paint |
| 33 & 34 | Bilhaires & Desporto | Games |
| 35 & 36 | www.kayaktoursalgarve.com | Kayaks |
| 37 & 38 | Furniture Frontera Outdoor Living | /Interior & Exterior High Quality Furniture |
| 39 | Cerâmica | Portuguese Ceramic/ Textiles From Provence |
| 40 | S.O.S. Sky Digital | Satelite Tv System |
| 41 | Giant Windows | Windows |

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|---------|------------------------------------|--|
| 42 | Câmara De Lagoa | City Hall |
| 43 | Fi-line Fashions | Clothing |
| 44-45 | Exotic drinks | Liquors |
| 46 | First Cut | Artificial Grass |
| 47 | Atelier Bongard | Handpainted Ceramic Tiles |
| 48 | Merrylegs Kennels | Kennels |
| 49 & 50 | Paws 4 Pets | Pet Products |
| 51 & 52 | Luz Doc | Health Services |
| 53 | Pitadas de Noz | Spices etc. |
| 54 | Perfect Living | Furniture |
| 55 & 56 | Casa Curiosa | Indoor & Outdoor Furniture & Home Decoration |
| 57 & 58 | Salão Elysium | Beauty |
| 59 & 60 | Ricci Modas | Fashion |
| 61 | Centro Quiroprático de Portugal | Computerized Chiropractic Analysis |
| 61b | Cool Oasis / Ania's Smörgastartor | Water Purification |
| 62 & 63 | The Portugal News | Newspaper |
| 64 | Bowen Technique | Bowen Therapies |
| 65 | Infácio Alves | Publicity |
| 66 & 67 | All Seasons Paint Protection | Paint Protection |
| 68 | Atrailux | Energy |
| 69 | Clear H2o Lda | Pool Filters Water Filters Pool Systems |
| 70 | World Telecom | Telecommunications |
| 71 | Collections | Fashion |
| 72 | Algarve Camping | Motor Homes |
| 78 | M2M Blinds & Flyscreens | Blinds |
| 79 | Royal Paradise Properties | Property |
| 80 | Kiss Fm | Radio |
| 81 | David Haines & João Paulo Carrondo | Paintings/Photos |
| 82 | Portu Promo | Embroidery |
| 83 | Entdecken Sie Algarve | Magazines & Books |
| 84 | Thomas Baur | Wooden Houses |
| 85 | Happy Guest Lda | Travel & Tourism Services |
| 86 | Moira McGuire | Water Colourist |
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| 88 | Cocoshells | Jewellery |
| 89 | HC Spas | Spas |
| 98 | Borderline | Fencing |

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| Water Colourist |

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| Paintings/Photos |
| Jewellery |
| Spas |
| Fencing |

Property Show

| | | |
|---------|--------------------------------|--|
| 7 & 8 | Millennium Bcp | Bank |
| 9 | Ashbourne Villiers | Financial Advisers |
| 10 | Winkworth | Properties |
| 11 | Mirante Da Rocha | Properties |
| 12 | Ftp Wines | Properties |
| 13 | Palm Properties | Real Estate |
| 14 | Sunshine Homes | Real Estate |
| 15 | Caliço Park | Residential Park |
| 19 | B&P Mediação Imobiliária | Real Estate |
| 20 | Luz Bay | Property |
| 21 | 360vt, The Virtual Tour People | Virtual Tours And Photography |
| 22 | Sterling Exchange | Currency |
| 23 | Remax Dunas - Alvor | Real Estate |
| 24 | Architecture | Architecture Design |
| 25 | PPI Estate Agents | Estate Agency |
| 26 | Premier Fx | Financial Advisers |
| 27 | Laforêt Imobiliária | Real Estate |
| 28 | Algarve Real Estate Centre | Real Estate |
| 29 | Sovereign | Tax Planning & Assistance |
| 30 | Remax Sinergia Portimão | Real Estate |
| 31 | Carla Gomes - Remax | Real Estate |
| 32 | Money Caixa Lda | Financial/Mortgage Advice |
| 33 | Viegas & Dias Lda | Property |
| 34 | Classic & Antiques | Estate Agent-Central & Eastern Algarve |
| 35 | The House Seekers | Estate Agent |
| 37 & 38 | Cascade Resort | Resort |

Car Show

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| Fiaal | Car Show |
| mscar | Car Show |
| Peugeot Motor Sá | Car Show |
| Farauto | Car Show |

FOOD

| | | |
|------|-------------------------|--|
| FB1 | Alan Franck | South Africa |
| FB2 | Faja Lobi | Surinam |
| FB3 | 1000 Sabores | Ice cream made of tea, jam, chocolates |
| FB4 | Dinaport | Finger foods, Snacks |
| FB5 | Standing Ovation | Talent Agency |
| FB6 | News Bar | Drinks |
| FB7 | O Rei do Perceve | Sea Food |
| FB8 | Slush Puppie | Slush Puppie |
| FB9 | Samrat | Indian Food & Spices |
| FB10 | The Nautilus Food Shack | Curry, Chili, Satey |
| FB11 | Borley's Pies | Pies |
| FB12 | Great Drinks | Great Drinks |
| FB13 | The Cornish Range | Cornish Pasties, Drinks, Take-away |
| | Kebab Mobile | Kebab |
| | Pizza Mobile | Pizza |

Garden Show

| | |
|----|--------------------|
| 91 | Evergreen |
| 92 | WinGarden |
| 93 | AlumaShade |
| 94 | GreenFingers |
| 95 | Justin Wride |
| 96 | Borderline Fencing |

PUFF PARK**ARENA****Food Area****Arts & Crafts**

Handcrafted Cards, Jewellery, Shoes, Children's Toys, Tea, Jewellery, Paintings, Virgin Vie Jewellery & Cosmetics, Glasspictures, Glass Tiles, Natural care products, Mosquito repellent, Anti-wrinkle cream, Honey



What to see and do at the Fair

Show Gardens

BBC's Ground Force star to judge best garden



The show gardens are a new feature for the Fair, added not least because we know how much our readers enjoy gardening. There will be a total of seven display gardens each occupying a space of approximately 30 square metres, a real challenge for local landscape gardeners. Within this space they will create a feature landscape garden competing for The Portugal News Landscape gardener 2007 award, which will be judged by TV gardener Kirsty King, who herself is creating a garden for AlumaShade (but she will not participate in the competition). The gardens will be judged on Saturday morning, and the award announced on Saturday afternoon. In addition, visitors to the Fair may participate in the "Visitor's Choice" award, by completing a slip, to be delivered to The Portuguese News stand and the results of this award will be announced in next week's edition.

Property Show

In the Pavilion – the leading agents and financial institutions all under one roof.

For the first time we are introducing this new area to the Fair. If you are in the market to sell, trade up or trade down, or to release capital tied up in your property, this is a wonderful opportunity to talk face to face with a selection of the region's leading agents. You will also have the chance to see what each agent can offer you in terms of service and marketing your property, and to choose the agent you feel will make the best effort to get you that valuable sale. If you are a buyer, here's the chance to meet the agents, and the banks and financial specialists who can help you make that dream purchase a reality. Specialists from Millennium BCP Bank and Barclays Bank will be there to explain what's on offer, and other financial institutions can help you compare the cost of using an offshore mortgage.



Arena and restaurant area

This is the place to relax with a cold drink or a meal and be entertained. The ARENA features fifteen food and drink outlets with everything from authentic Cornish Pasties, Indian curry, Pizzas, Kebabs, Sea Food, Traditional English Steak and Kidney and Chicken Pies, a South African barbecue, food from Surinam, and of course plenty of cold beer, slush puppies and even the famous Ice Cream made from tea which has recently been acclaimed on TV.



Spin the Wheel

As soon as you enter the Fair, you will be given the opportunity to spin the wheel. Fourteen standholders have donated special prizes and as long as the wheel stops on a number you are a winner.



The Fire Engine which will be at the Fair and some of the members of the Lagoa Fire Brigade (Photo: The Portugal News)

ARENA Entertainment Programme

The restaurants are all around the stage, with virtually nonstop entertainment throughout the day and into the evening so you can relax in one of the restaurants or bars, enjoy your meal or drink, and be entertained.

SATURDAY 22ND

11.15 – 12.30 Oo-Boop – I – Do – 1920's band

12.45 – 13.15 Moroccan belly dancer

13.30 – 14.30 Allen Storm – keyboard vocalist

15:00 Announcement of The Portugal News Landscape gardener 2007 award

15:30 – 16.30 Harp John

16.45 – 17.30 Russian Musical Group

18:00 – 18:30 Brazilian Dance group

The Evening star band to accompany your dinner at the FAIR

18.45 – 20.30 Cristina Afonso – Jazz Band - Appearing again after rave reports from the May show

SUNDAY 23RD

11.15 - 12.45 TBA

13:00 – 13.30 Brazilian Dancers

13.45 – 14.45 Harp John

15:00 – 15.30 Moroccan Belly Dancer

15.45 – 16.30 Brazilian Music with 'Mistura Fina'

16.45 – 17.30 Duo 'A kinda of Swing'

17.45 – 18.15 Saxophone solos with Colin Burgess

The Evening star band to accompany your dinner at the FAIR

18.30 – 20.30 Klonakilty Irish Band - Appearing again after rave reports from the 2006 show



NB: We are very conscious that you would like to enjoy the music with your meal, but not have your ears blasted. Volume levels will be kept comfortable and very enjoyable.

General Stands

Here's the place to find products and services for your home and garden

In the general stand area you will find over 150 exhibitors offering everything from a massage to a new spa, a new outfit, beauty treatments, specialist foods, in fact everything for your home garden or lifestyle. Special offers abound, and there are many demonstrations. Take care to visit all the stands and see what they have to offer.



Puff Park

Another new feature this September

This is a special area dedicated to the kids with five large inflatables to climb and enjoy, clowns, face painting, still walkers and lots of fun. The area is supervised.



The Fire Engine

Sorry adults this is strictly for the kids.

With the help of the local Firemen from Lagoa, kids will have a chance to see over a modern fire engine, and even leave with their own fireman's hat to keep. These authentically designed firemen's hats have been imported from England, and your donation of €2 will go to the Lagoa Firemen to support their work. There will also be demonstrations of how to put out a fire with a chance for the children to participate (under supervision!).

Arts and Crafts

Another new feature for September

Many visitors last May asked for more arts and crafts displays, so we have added a new area especially for artisans who are so popular at fairs and exhibitions throughout Portugal. Here you will find jewellery, crafts, painters, decorated glass, specialty teas, local honey, hand crafted cards, children's toys, leather shoes, cosmetics etc.



Family Tickets

Entry to the fair is €3 per adult and children under 12 are admitted free. There are also Family Tickets for €5 which admit two adults and two children.

New Car Show

In the Pavilion – choose your next car!

This is your opportunity to find your next car and compare the top makes side by side. The makes on show will be SEAT, FIAT, ALFA ROMEO, HONDA, CHRYSLER, LANCIA, OPEL, JAGUAR, LANDROVER AND PEUGEOT. Representatives from each company will be there to explain the advantage features of all their models and of course will discuss very keen financial terms.



Seminar Programme

Your chance to get informed on a variety of important subjects

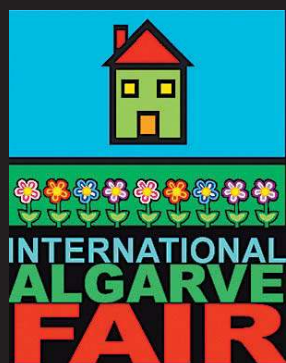
The seminars will be held throughout the day and are all informal, and short - about 20 minutes - with plenty of time to ask questions of the speakers. The intention is not to give a great amount of information in depth, but to give an overview of the subject, which can then be followed up later. The seminars are not specifically about a particular product, but are intended to give a good overview of the subject. We will try to avoid last minute changes, but please check times and subjects at the Seminar Tent.

SATURDAY 22ND

| | | | |
|-------|---------------------|--|--|
| 12:00 | Maria Taylor | First Aid and the emergency services in Portugal | what to do and what to expect if you need to dial 112 |
| 14:00 | Dra Filomena Ramilo | Rental Income and the current tax and legal implications | |
| 15:00 | Barclays Bank | Switching mortgages | understanding the new facility of switching your mortgage provider in Portugal |
| 16:00 | Millennium BCP | Understanding Internet banking in Portugal | Via your PC, Mobile Phone, Multi Bank machine etc |
| 17:00 | Ashbourne Villiers | Investment | Living better on retirement funds in Portugal |
| 18:00 | Dra Filomena Ramilo | Off Shore or On Shore? | The setup costs and maintenance costs of buying via a local or off Shore Company |
| 19:00 | Dra Filomena Ramilo | Local Taxation | For individuals and small businesses |

SUNDAY 23RD

| | | | |
|-------|---------------------|--|--|
| 12:00 | Luz Doc | Health services, Public and Private | what is available in Portugal from the private and public sector |
| 14:00 | Dra Filomena Ramilo | Rental Income and the current tax and legal implications | |
| 15:00 | Barclays Bank | Switching mortgages | understanding the new facility of switching your mortgage provider in Portugal |
| 16:00 | Millennium BCP | Understanding Internet banking in Portugal | Via your PC, Mobile Phone, Multi Bank machine etc |
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| 19:00 | Dra Filomena Ramilo | Local Taxation | For individuals and small businesses |



FATACIL, Lagoa
Sab/Sat 22
Dom/Sun 23
Setembro
11:00h - 20:00h

Bring the whole family to enjoy a very special day out. Old favourites include the **Food Arena** where you can enjoy refreshments while you watch the entertainment on the stage; Over 150 **Stands** and exhibits with everything for home, garden and lifestyle; **All Day Entertainment** with a truly international lineup performing from 11.30 to 20.30.



Show Gardens



Property Show



Puff Park



Food Arena



Arts & Crafts



Motor Show



over 150 Stands



Entertainment

Sponsored by:



Supported by:



Exhibition Hotline
282 380 317 • algarvefair.com

DIRECTIONS TO FATACIL

From the A2 motorway Leave at Exit 6, then follow signs for LAGOA SUL. This will bring you on to the E125. Keep straight ahead through Lagoa until you see the Blue Elephant Car Wash. FATACIL is on the opposite side of the road.
From Lagos and Portimão on the E125 Keep straight to Lagoa, continue ahead through

Lagoa until you see the Blue Elephant Car Wash, FATACIL is on the opposite side of the road.
From Faro and Albufeira direction on the E125 As you approach Lagoa, pass Barclays Bank (on your right) and the entrance to FATACIL is on the left hand side of the road by the traffic lights.

Fires know no nationalities

At just 18 years of age Steve Whitehorn joined the London fire brigade, back in 1976, where he remained for 27 years. During that time he attended thousands of incidents, from the 'cat stuck up a tree', to a number of terrorist attacks and major riots in Brixton in the 80s. Over his career he received many an award for his service to the community, and even starred in a TV campaign. Four years ago he moved to Portugal and became one of a handful of foreign individuals who, through dedication to their service, choose to volunteer with Portuguese voluntary Firebrigades - *bombeiros voluntários* - an institution that is in need of all the help it can get.

Following his more than two decades with the London fire brigade Steve completed another 11 years with the Blue watch fire station in Soho, known for being one of the busiest in Europe. There the team would often receive emergency calls every ten minutes, 24-hours a day, though it was a period Steve describes as "the best years of my life. And yes I would go back tomorrow".

After about two years in Portugal Steve "desperately needed something to give me the fulfilment that I received being a fire-fighter in London", so he became a fire fighter in the Algarve, where he intended to pass on some of his experience and knowledge, "which

coming from where I did, I had plenty of both".

He was gratefully accepted as a *bombeiro voluntário* in Lagoa where he volunteered to work one night a week. In March 2006 he was offered a full time position, which he feels was a great honour, and happily accepted.

"Even though my Portuguese was pretty basic we all understood each other fine. When it comes to fighting fires everyone knows their role, where they need to be and what they need to do. There are no language barriers", he says.

"The men and women of *bombeiros voluntários* are great people and very dedicated. Sixty per cent of a fire station's manpower are volunteers who give up their time to work many shifts for no financial gain at all. The other 40 per cent are the lucky ones. They work roughly 240 hours a month and get paid a grand sum of around €600", Steve explains.

"For all this they not only put their life on the line every day they come to work, like all fire-fighters across the world, but they are also the ambulance service here, not only responding to all medical emergency calls but also taking outpatients to their appointment across the Algarve, and, at least once a day, a short trip to Lisbon. It's not a rare occurrence to travel to Porto or beyond either", he says.



Steve Whitehorn

New British ambassador appointed

Alexander Ellis has been appointed Her Majesty's Ambassador to the Portuguese Republic in succession to Mr John Buck who left the Diplomatic Service last week. Mr Ellis, who is currently the Ambassador-designate has taken up this appointment with immediate effect.

Mr Alexander Ellis, who is married to Maria Teresa Adegas

and has one son, will only assume his new role officially once he has handed his credentials to President Cavaco Silva.

Since 2005, he has been working at the European Commission, seconded as adviser to the President of the European Commission, Durão Barroso.

He has also worked in Madrid, Brussels, South Africa, and was later secretary in Lisbon between 1992 and 1996.

Freeport cinemas re-open

The Freeport Alcochete cinemas re-opened on September 20th with a 2.5 million euro investment to refurbish the space, which will be managed by UCI.

Now with 11 cinema rooms, instead of its original 20 that were first managed by Cinemas Millenium, the shopping complex will have the largest cinema in Portugal, with 871 seats. Following its renovation, the Freeport's cinema now has a maximum capacity for 3,391

viewers.

Upgraded to boast the latest in technology and comfort, UCI directors now expect a rise in visitors.

Spread over 73 thousand square metres, Freeport Alcochete is one of Europe's largest shopping centres, comprising 140 shops, though it was the lack in visitors to the cinemas that led to their closure. Ten rooms remain closed, though may reopen should it be justified by demand.

Americans In Portugal Luncheon at Cascais Cultural Centre

AmP kicks-off the fall season with another Americans In Portugal luncheon programme on September 26th. David Ballard, the new Deputy Chief of Mission at the American Embassy will be our principal speaker, discussing his new Lisbon relocation, and American-Portuguese Bilateral Relations. After brief remarks, David will open the floor to AmP's traditional hard-hitting Q&A programme.

David is a career Diplomat who began in the Foreign Service in 1985. Before coming to Portugal, he served the last three years as DCM in Tunis, Tunisia. His other assignments have included Morocco, Rwanda, Angola, Mozambique, Washington, D.C., and Egypt. He speaks fluent English, Portuguese, French and Arabic. David graduated with a Bachelor of Science in Foreign Service (African Studies) from Georgetown University, and he holds a *Certificat d'Etudes Africaines* from the National University of Ivory Coast.

David was also Director of the U.S. Department of State Office of Foreign Press, in Washington, D.C., and in that capacity he directed the Department's three Foreign Press Centers promoting in-depth, accurate and balanced reporting by providing foreign media direct access to authoritative sources of information.

The U.S. Primary Election season may begin as early as January, 2008, and it is time to register to vote if you haven't already done so. As part of AmP's civic

outreach program, Brian Oberle and Kathryn Fitrell of the Embassy Consul General's Office will briefly explain Voter Registration procedures and provide registration materials so that you can register right from our luncheon. Bring along a Government-issued Identification card (Driver's License, Passport or similar I.D.). Voter Registration is absolutely free, and the Embassy will also mail the completed forms to your State Registrar.

Mizé will present another fabulous 20+ item *Seasonal Buffet*, complete with choice of red or white wine, soft drinks, water, coffee and tea, and more, including several dessert choices. The meal cost is €20 per person, payable in cash at the door. Reservations are necessary, and can be made by calling Don David Price, Director, at 918 155 116 or sending an email to ddprice98@hotmail.com. The reservations deadline is noon, Monday, September 24th. The program is open to Americans, friends and guests of all nationalities.

Join Americans in Portugal in welcoming DCM David Ballard as they begin another season of programs, which will include a traditional American Thanksgiving, on Thursday, November 22, at 7.30pm, at the Cascais Cultural Centre Restaurant. For more information, visit <http://amportugal.planetaclix.pt> where photos of past programs are on display and see future announcements.

ENGLISH DENTAL SURGEON

Dr. Francis Haley

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 – 1°C 2750 – 511 Cascais

Tel: 21 486 3012

<http://clinic.cdhalley.pt>

Amadora home to world's largest 'watery' canvas



The largest painting of the world being decorated in Amadora, in an attempt to enter the Guinness World Book of Records. (José Sena Goulão / Lusa)

Last weekend a joint effort got underway to paint what could be considered the world's largest single stretch of canvas. Measuring four kilometres and kept in Amadora's old Commanders headquarters, some four thousand participants are expected to help to embellish the oversized painting.

On Saturday nearly half of the canvas had been decorated with waves, boats, clouds, fish, and starfish, giving a healthy start to the 'Sea'-inspired initiative created by the Artur Bual Cultural and Artistic Circle, supported and financially backed by the local authorities.

The time allocated to complete

the masterpiece was 12 hours, from 08h00 – 20h00, and halfway through that period more than three thousand people had already left their print on the canvas. People came from the length and breadth of Portugal, one group even coming from as far as Aljezur, Algarve, having started their journey at 03h00 to ensure

they arrived in time for the feat to kick off. More than €50,000 were invested into the initiative, which will use some six tonnes of paint, five thousand paint brushes, two thousand plastic buckets and 30 thousand litres of water, and ultimately will attempt to put Portugal in the Guinness Book of Records.

su | do | ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

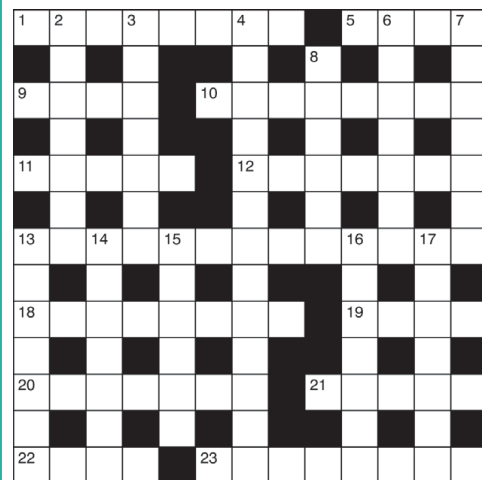
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 3 | 4 | 1 | | |
| | 7 | | | | | | | 2 |
| | 8 | | | 5 | 4 | | | 6 |
| | | 6 | | | | 5 | 2 | |
| | | | 1 | | 8 | | | |
| | 9 | 8 | | | | 7 | | |
| | 1 | | 4 | 7 | | | | 9 |
| 7 | | | | | | | | 8 |
| | 6 | 2 | 5 | | | | | |

Last weeks solution:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 2 | 7 | 6 | 8 | 1 | 9 | 3 |
| 8 | 6 | 7 | 1 | 9 | 3 | 2 | 5 | 4 |
| 9 | 1 | 3 | 5 | 2 | 4 | 8 | 6 | 7 |
| 6 | 7 | 4 | 2 | 3 | 5 | 9 | 8 | 1 |
| 2 | 3 | 8 | 6 | 1 | 9 | 7 | 4 | 5 |
| 1 | 9 | 5 | 4 | 8 | 7 | 3 | 2 | 6 |
| 7 | 2 | 6 | 9 | 5 | 1 | 4 | 3 | 8 |
| 4 | 8 | 9 | 3 | 7 | 6 | 5 | 1 | 2 |
| 3 | 5 | 1 | 8 | 4 | 2 | 6 | 7 | 9 |

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

The Portugal News Crossword No. 160



QUICK CLUES

ACROSS

- Antecedent (8)
- Unhearing (4)
- Aspersions (4)
- Indwelling (8)
- Purport (5)
- Upbringing (7)
- Trickery (13)
- Tolerable (8)
- Signify (4)
- Admit (7)
- Unadorned (5)
- Whirlpool (4)
- Candidate (8)

DOWN

- Ease (7)
- Prolix (7)
- Inattention (13)
- Carry out (7)
- Suitability (7)
- Cask (6)
- Collapse (7)
- In fetters (7)
- Idols (6)
- More agile (7)
- Post (7)

QUICK SOLUTIONS No. 159

Across: 4 Apology; 8 Ambush; 9 Germane; 10 Secret; 11 Edible; 12 Gangster; 18 Greenery; 20 Cohere; 21 Desist; 22 Insight; 23 Rebuff; 24 Primary.
Down: 1 Massage; 2 Obscene; 3 Assess; 5 Preserve; 6 Limpid; 7 Gentle; 13 Together; 14 Devious; 15 Mystify; 16 Corner; 17 Medium; 19 Eleven.



Portimão and Rocha Tennis Club's under-16s team.

Portimão under-16 tennis team win club's first national title

The Portimão and Rocha Tennis Club's under-16s team put on their best possible effort at the national finals last week and were rewarded by being crowned national champions.

During group qualifiers and eliminatory rounds the team showed remarkable strength and depth, soundly beating CETO e SC Porto by 3-0, taking first place in their respective group.

In the semi-finals the team took on the Oporto Tennis Club

and again won both their singles and the doubles match.

The team's ultimate challenge came in the form of their 'old' rivals Jamar Tennis Club, beating them 2-1, with the doubles match being forfeited so that the team could head off to participate in an international

tennis event.

Tennis coach Professor Plínio Ferrão was delighted with the result and his pupils.

"This is the culmination of many years dedicated team work by a group of youngsters who have now reached their greatest achievement to date".

Christmas already – whatever next?

So here we go again – it's only September but the catalogues are falling through the letterboxes and the shops are beginning to show the first stirrings of Christmas fever. How irritating it all is. The blatant commercialism gets worse every year and it is by no means only Christians that feel the season is devalued and trivialised. You might be forgiven for not wanting to put the buying of Christmas presents at the top of your current to-do list.

But there is one Christmas task that is urgent and simply won't wait. That is Operation Christmas Child, also known as the Shoebox Appeal. This is run by a charitable organisation called Samaritans Purse. Each year it organises the collection of shoeboxes containing small items to give as presents to some of the world's most needy children. And because these items have to be checked for suitability and acceptance by customs authorities, transported to locations around the world and inspected by local authorities, the collection of the boxes here in Portugal has to be completed by mid-October. So, sorry, but we genuinely do need to start early for Christmas if these needy children are to receive a gift this year.

The sight of a small child's face

as it opens one of these boxes is reward enough for taking the time to collect and fill a shoebox, so please don't put it off. Leaflets and information to help in your choice of items can be obtained from Angela Bardon at Lloyd & Whyte International Ltd, Av. Mateus Teixeira Lote 4 r/c dto, Jackie King, Tavira Christian Centre, Rua Almirante Candido Reis (open Sundays 10.30-12.45) and at the Lura dos Livros bookshop in Rua Poeta Emiliano da Costa, Tavira. These places will also serve as collection points for returning the filled boxes.

Tavira Christian Centre also have a supply of shoeboxes both unwrapped and covered in Christmas wrapping paper. If you would rather use one of these than get your own please come to the Centre or ring Jackie on 281 322 857 or Maria on 966 380 404. They will also be happy to supply further information if needed on both the Shoebox Appeal and Tavira Treasure, which collects for both children and old people for local distribution. All the centres above will be happy to take in shoeboxes, carrier bags or individual small gifts for Tavira Treasure as well as for the Shoebox appeal. Items for Tavira Treasure can be handed in up to the first week in December.

Remember Christmas will come round again next year, but this may be the only opportunity some of these children will ever

have to experience the free gift of love which should be at the heart of all our Christmas celebrations.

Help the children of Estoi

The charity Bazaar 'Help the Children' in Estoi is now closed. The charity group are still at the premises until the end of September, clearing out and selling furniture.

A few of their helpers would like to continue supporting the children in 'Casa dos Pirilampus' by means of collecting donations in order to purchase what is needed most. They will be working closely with the group in Albufeira 'Amigos das Crianças' and will also be very grateful for as much help from everyone as possible. For more information, please contact Evelyne on 289 992 015.

With this opportunity, the charity organizations would like to express their greatest thanks to all who helped them keep their shop running for many years. "The team was the greatest ever – from weekly volunteers to those on call – coming whenever needed, not forgetting those who offered their transport to various children's homes," Carol Göller from the charity organization said.

St. Patrick's Society Summer Party

The Society recently held their annual End of Summer Party at the house of Iggy and Jenny Gannon in Vale d'el Rei, attended by about 60 guests.

Following welcome cocktails and a superb range of canapés prepared by Robin Rastall (our resident semi-retired chef), guests enjoyed an excellent dinner comprising

this year, instead of the traditional suckling pig, of a selection of hot dishes followed by a range of sweets prepared by volunteer members.

The free bar ensured that everyone was on good form and then enjoyed the entertainment provided by fire-eating belly dancers, who then persuaded some guests to try the belly dancing –

although after all the alcohol, they got no volunteers to try fire-eating.

This is just one of the many events organised by the Society and anyone Irish or who simply enjoys the Irish way of enjoying life is welcome to join by telephoning Helen Cafolla on 289 586 662 or Jenny Gannon on 282 352 022.



WESTERN ALGARVE Abstract

How to best use your brain

Did you know that as early as the 7th intra-uterine month all your brain cells are already formed and that you've been hearing for a long time too? And, did you realize that half your brain isn't used? So what can we do to best use our brain and increase its performance? Ideas on maintaining and training it in the correct way will be presented by our own Dr. Christel Schluender – come along and join us!

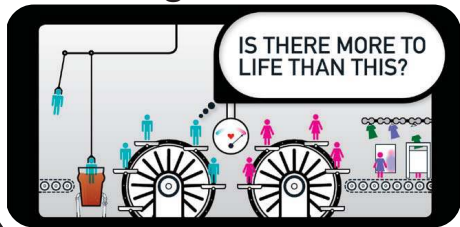
Wednesday September 26th 2007

Network Lunch at Cottons Restaurant, Alto Club, Alvor
12:30 pm for 1:00 pm – Time to Network
Cost: Members €15 Guests € 20
Please book no later than noon on Monday, 24th September



Contact Network Co-ordinator,
Paulette Fouché at pfouché@clix.pt or
282 415 843
www.networkalgarve.org

Asking questions? Looking for answers?



The Alpha course is an opportunity for anyone to explore the Christian faith in a relaxed manner over ten thought-provoking weekly sessions.

It's low key, friendly and fun and there's no cost. It's supported by all the main Christian denominations. Over 2 million people in the UK and 9 million worldwide have already found it to be a worthwhile experience.

Course starts on Thursday, October 4th
introductory dinner at the TASTY INDIAN in Lagos
Call 963 330 454.

THE ALPHA COURSE
explore the meaning of life

alpha.org Alpha

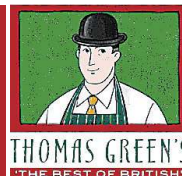
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Olhos de Agua (Close to the Municipal Market)

A dream of a show

"Don't applaud. Just throw money" said the wording on the programme and that's exactly what everybody did, raising €4,400 in aid of the charity, Castelo de Sonhos, based in Silves.

It was advertised as a Grand Night of Variety at the Lagoa Auditorium, held last Sunday, 16th September to benefit Castelo de Sonhos, who do so much to help people to help themselves. And what a night of variety it was! Renowned guitarist, Raimundo Seixas along with Anibal Vinhas on viola and Tiago Valentim play-

ing base guitar opened the show with a sparkling selection of tunes, and then provided the accompaniment for well-known Fado singer José Candido, who sang three of these traditionally emotional songs.

The audience was also entertained by ballet and modern dance pieces from pupils of the Gwen

Franco Ballet School in Lagos, and the very funny Ian Carfrae, who not only skilfully held everything together as the Master of Ceremonies, but also metamorphosed into a saxophone playing Pink Panther, much to everyone's delight! There was enchanting and exotic dancing to Arabian music, rousing singing from Lagoa Christian Fellowship Gospel Choir, and Karen, who gave us the 'Oom-Pah-Pah' song, and the amusing Sand Dancers from Carvoeiro with their camel from Messines. There was a raffle, and during the evening we were told of the fantastic work carried out by Castelo de Sonhos. The event was brought to a close by singer Daryl Bye with his electric guitar and some favourite hits from our youth.

No I haven't forgotten, I've left the best till last, Circo Pequeno's Light Juggling act. Talk about light fantastic, what a wonderful demonstration, and judging by the comments around me, and gasps of delight, literally the highlight of the show!

Dra. Liliana, who heads the charity, received a bouquet of flowers on behalf of the performers, whom she thanked and all those who supported their cause.

If you would like to donate furniture, household utensils, electrical items, linens, clothes, or cash to Castelo de Sonhos to help them to help others, or want to become a volunteer within the charity, just call them on: 282 441 089 or 963 452 479.

Sherry Hughes



It was advertised as a Grand Night of Variety at the Lagoa Auditorium, and what a night of variety it was! Pictured above is Karen Carfrae performing in the show. (Photo: Contributed)

EN125 revamp sees need for new Arade bridge

A joint proposal from the region's municipalities to upgrade the notorious EN125 road and improve its safety has reportedly included requests for new roundabouts, junctions, and a third bridge to cross the Arade River.

This last request came from Portimão Mayor Manuel da Luz on the basis that one of the existing bridges, a century-old metal construction, no longer satisfies the demand of growing populations on both sides of the river.

Mayor da Luz, however disputes a proposal to extend the EN125 between Portimão's Barlavento Hospital and the A22/Via do Infante exit, along with four roundabouts planned for the areas of Senhora do Verde, Ribeira da Torre, Figueira and Mexilhoeira. Faro Mayor José Apolinário has stressed the importance to complete a second phase of the North circular, where the goal will be to reduce the movement of all vehicles within the city, which sees a daily influx of some 60,000 vehicles.

In Tavira, Mayor Macário Correia has proposed the demolition of a number of houses along the edge of the EN125, as well as prioritizing parking, a double-lane for slower vehicles, corridors for infrastructures, better access to Luz da Tavira, and new crossings and roundabouts. Macário Correia

has voiced his opinion on the overall project by saying that whilst all municipalities should collaborate, "there must be financial intervention from the government".

Neighbouring Olhão's priority is to create an alternative route to the existing EN125 stretch that runs straight through the heart of the city. According to Francisco Leal, Mayor of Olhão, an alternative route north of the city has been suggested and is included in the municipality's PDM (district planning).

Lagos has also requested an alternative route for the town of Odiáxere.

Mayor Julio Barroso has also stressed the need for three more roundabouts for Chincicato, Molião and Espiche, as well as a direct road from the Modelo shopping centre to 4 Estradas.

In Lagoa two roundabouts have been requested for Porches, as well as two more to be implemented by the International School. Lagoa mayor José Inácio considers this will greatly reduce the number of fatalities in the municipality, and like its fellow municipality Olhão, also sees the need for an alternative Northern route.

Desidério Silva, mayor of Albufeira, has also asked for new roundabouts to be created in the areas of Guia, Ferreiras, Fontainhas, and near the Algarve Shopping centre.

Twelve suspects detained over large drug bust

Twelve individuals were detained following a police seizure of more than four tonnes of hashish, detected in the Sagres area following a routine coastal patrol.

According to Major Palhau, of the GNR brigade, officers spotted the individuals as they tried to offload the drugs from a boat somewhere along the Sagres

coastline and onto the cliffs.

"The drugs were already on land and about to be hoisted up when the individuals were spotted", he said. Also seized as a result was a lorry, two nine-seater vans, and a motorbike.

Aged between 25 and 55 years, all of the suspects are male and have Spanish nationality.

In a related story, earlier this

week a vessel destined for scientific research, named 'Noruega', detected a package somewhere off the Algarvean coast that contained some 35 kilos of hashish.

Considering the package 'suspicious', the crew used one of the boat's nets to drag it in, and immediately informed the Maritime Police when verifying it contained drugs.

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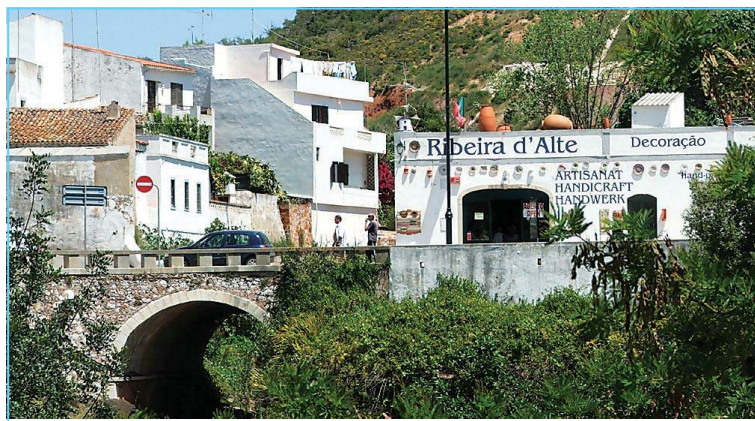
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International events to take over Algarve



An array of international events is to take place throughout the Algarve.

An array of international events is to take place throughout the Algarve in the latter half of September, featuring a number of sports and celebrations.

Firstly, on **Saturday September 22nd**, the Algarve (as indeed the whole of Portugal) will see traffic drastically reduced due to the European 'No Car' day.

Visitors and locals alike are urged to opt for collective modes of transport, which will run on alternative routes, as many cities' main roads will be cut off.

This is to encourage people to opt for even 'greener' modes of transportation, like bicycles, roller blades, and walking.

This weekend, on **September 22nd and 23rd**, **Portimão** will host the international BMX

'FieldControl' championships, which will bring high-ranking competitors from 13 different countries to the city's 'Youth Park' (*Parque da Juventude* – behind buildings opposite the *Continente* shopping centre).

Over the weekend a display of stunts and demonstrations will be held to thrill adrenalin addicts, including BMX bike stunts, graffiti competitions and brake dancing displays. The weekend will close with a magic party in *Praia da Rocha*.

It is organised by the Portimão 'BiCross' club, sponsored by Portimão City Hall.

In **Alte**, one of the Algarve's most beautiful traditional villages, International Tourism Day will be celebrated on September 27th with the inauguration of its new tourist information bureau. As will happen with the tourist bureaux of Loulé, Quarteira, Querença and Salir, tourists will be offered the chance to sample regional sweets and liqueurs, free of charge.

Loulé will host a number of events.

On **September 28th, 29th, and 30th**, a number of excursions and interactive events have been organised to celebrate the city's patrimony. These include archaeology excavations in the 'Casa das Bicas'; imagery and photography projections will be shown in the Municipal Museum, and pre-school infants are invited to participate in an exciting activity named 'Lets reap dried fruits', an educational event to take place in the museum.

Also in the municipality of Loulé, until October 13th, various cultural venues will be participating in the city's 9th 'Ancient Music' event. These will feature concerts and live renditions from musicians playing masterpieces by great composers, ranging from the medieval era, through to the Renaissance and Baroque eras.

A series of master classes are also on the agenda.

For more information, see website: www.cm-loule.pt.

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US money market woes 'won't affect us', says president

Portuguese President Cavaco Silva has forecast that recent turmoil on US financial markets will have a minimal impact on Portugal's economy.

President Cavaco Silva, an economist, noted that current instability on world financial markets was also affecting Europe. In Portugal, uncertainty in

money markets could reduce confidence among investors, he added.

But the Portuguese economy "appears to be entering an upturn", he added, and this momentum should be sufficient to "overcome the crisis without great difficulties."

TPN/Lusa

Preparations for Africa summit on schedule says Portugal

Preparations for the December summit between the European and African Unions are proceeding "normally" and running on schedule, Portugal's No. 2 diplomat said.

Speaking after a meeting to define a common EU-AU agenda for the leaders' summit between the two blocs, scheduled for December 8-9 in the Portuguese capital, State Secretary for Foreign Affairs João Gomes Cravinho said human rights would rank high on the event's agenda.

The inclusion of human rights in the upcoming summit

between the two continents, said the Portuguese diplomat, was not a "sop" to allay British opposition to the presence of Zimbabwean President Robert Mugabe in Lisbon.

"Human rights are a very important component for the Portuguese presidency and for the EU itself and are not negotiable."

Gomes Cravinho said he would meet Ghana's EU ambassador next week as part of Lisbon's ongoing preparations for the December summit. Ghana currently chairs the AU chair and its foreign minister met his Por-



President Cavaco Silva during a visit to the opening of the Santa Casa da Misericórdia de Tábua long term care hospital last Saturday. (Photo: Lusa / Paulo Novais)

tuguese counterpart this week to discuss "outstanding problems" relating to the event.

The UK government has said Prime Minister Gordon Brown will not attend the summit if President Mugabe comes to Lisbon.

Portugal's No. 2 diplomat said development of a mutual relation of trust between the two blocs, and the resolution of Africa's problems were more important than the ongoing spat between London and Harare, stressing that these divergences were being dealt with via "diplomatic channels." TPN/Lusa

Flexicurity needed and possible, government says



Portugal's labour and welfare minister, José Vieira da Silva, capped a Europe-wide meeting on "Flexicurity" last Friday, saying it was "possible and necessary" for the bloc to move towards "common principles" on easing labour laws while bolstering security for workers.

Vieira da Silva noted the two-day conference had drawn participants from 22 of the bloc's 27 member states, an "uncommon participation" for a conference that demonstrated the "great significance" of the "Flexicurity" concept.

"The existence of common principles is possible and necessary, but we will surely have 27 different paths to achieve these objectives", he told a closing news conference, referring to the idea that shared goals would be applied differently in each country.

Flexicurity is a comprehensive labour market formula that combines flexible contract conditions to facilitate dismissals with a commitment to help workers find new jobs or ensure

social security support if they remain unemployed.

The sector's European commissioner, Vladimir Spidla, argued that labour flexibility and social safety nets should not be viewed as opposing dynamics, rather that Flexicurity would contribute to modernizing the labour markets and creating better job opportunities.

The Flexicurity guidelines are expected to be approved at the European Council meeting on labour and social affairs set for December in Lisbon.

That scheduled gathering will also redefine the Lisbon Agenda, approved during Portugal's last EU presidency in 2000, that sets a 70 percent employment rate for the bloc by 2010. TPN/Lusa

Lisbon's presidency a chance for closer ties with Africa - Geldof

Irish political activist and singer Bob Geldof has said that Portugal's stint in the EU driving seat should be used to strengthen ties between Europe and Africa.

Speaking after a meeting with Portuguese Prime Minister José Sócrates in Lisbon, Geldof said Europe "must not lose its role" as the "most important partner" of Africa, where China is currently "investing" due to the "great opportunities" viewed on the continent by Beijing.

"We need to respond and have new thoughts. There is another Africa that offers us opportunities", said the Irish campaigner who was in Lisbon to attend a top-level conference on immigration.

Portugal plans to stage a Europe-Africa Leaders' Summit in December in Lisbon. TPN/Lusa

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Response to Mike Hentall

SIR, I must take issue with Mike Hentall's 1930s 'Boy's Own' adventure story, because Dick Barton and Snowy are missing from the script!

His first point about the PJ offering a deal is way off the mark because the Police here, as in the UK, have absolutely no authority to offer a deal to anyone, and neither of the McCanns have ever suggested that a deal was on offer. Unfortunately, this is British media speculation ... yet again...

I think you may find that it may not be quite so easy as you suggest to abdicate a blue-eyed blond from Scandinavia, as the vast majority of Northern Europeans are dark haired, but why should it be someone from North Africa who wants such a child? After all, a pale skinned child in the presence of a dark skinned family would raise questions and it is well publicised that there is a phenomenal reward on offer. Surely someone would report that to earn the reward.

As for the comment that there are plenty of experts in the kidnap business, where on earth does this "fact" come from? Do you know a single one Mr. Hentall, or is this an extension of your imagination? Or have you looked them up on the Internet?

You say that the kidnap from here is "quick, easy and simple", then go on to make suppositions of meticulous plans which would have taken more than the 5 days between the arrival of the party and Madeleine's disappearance.

You say that the family would have difficulty in disposing of a body because they don't

know the area, but just how difficult would it have been for them to find the sea?

I have my own thoughts about what may have happened, but conjecture in the media is not the place to air them.

I would just say in consideration of the McCanns' behaviour over the months, have you never heard the expression that if you tell a lie often enough you begin to believe it yourself?

I agree that maybe the parents didn't have anything to do with it, but the possibility cannot be discounted.

DAVID FRASER, By e-mail

A Consultant's Guide?

SIR, When can we expect publication of 'A Consultant's Guide to Flying Private Jets, Meeting the Pope, Saving on Babysitters, and Other Tricks'? Can the movie be far behind? M.E.P. PEREIRA, Cascais

McCann developments

SIR, Ludicrous! Farcical! Portuguese police laughing stock of the world. Perhaps the next move is to detain the Pope as an accomplice!

McCann's motive - nil, Opportunity (evening May 3rd) - almost nil, Opportunity (23 days later under media siege) - virtually nil. Have they checked who hired the car on May 3rd? Have they checked the 'cuddly toy' for transferring Madeleine's DNA to new hire car?

If you were guilty would you: A. Organise the largest media circus ever seen?

B. Keep a low profile and leave Portugal quietly?

Olegário Sousa, stand back and take a hard look at the case. 'Get real', search for the child and leave the distraught parents some dignity.

P.T.R. OLLIVERE (sic), E. Sussex, U.K.

Clarence Mitchell appointed as spokesman for Kate & Gerry McCann

SIR, I am extremely grateful to Kate and Gerry for asking me to return to become their official spokesman. When the proposal was put to me, with the full support of their legal team and their financial backers, I had absolutely no hesitation in accepting it.

I am therefore proud to be able to help them deal with the pressure of the continuing, immense international media interest in their situation. I will also be working with the media here to ease any inconvenience faced by the local community in Rothley.

Clearly, however, given the inter-Governmental sensitivities surrounding Kate and Gerry's case, my position as an impartial civil servant working for the British Government became untenable from the moment I accepted the role. To speak freely on their behalf, therefore, I have resigned from my role as Director of the Central Office of Information's Media Monitoring Unit in Whitehall.

More importantly, I have done so simply because I feel so strongly that they are the innocent victims of a heinous crime that I am prepared to forego my career in Government service to assist them.

Therefore, I wish to stress that from now on I am in no way speaking on behalf of the British Government. I will simply be representing Kate and Gerry as a private individual, one who believes utterly that they are innocent of any involvement in the disappearance, let alone the death, of their daughter

Madeleine.

I spent nearly a full month with Kate and Gerry in Portugal whilst representing the Foreign and Commonwealth Office between May and June - sometimes I was with them for up to 14 hours a day. During that time I never saw or heard anything that gave me cause for concern or suspicion. All I witnessed was a loving family that had been plunged into the most dreadful situation, and two parents trying to cope amidst their loss. To suggest that they somehow harmed Madeleine, accidentally or otherwise, is as ludicrous as it is nonsensical. Indeed, it would be laughable if it wasn't so serious.

Because of the legal position in Portugal I cannot go into further detail, suffice to say there are entirely innocent explanations for anything the police may have found during their enquiries and the McCanns are very happy to continue their co-operation with the Portuguese authorities to establish the truth of what has happened to Madeleine.

The focus must now move away from the rampant, unfounded and inaccurate speculation of recent days to return to the child at the very centre of this: Madeleine. The task is simply to find her. Kate and Gerry are again urging everyone to keep looking as they firmly believe she could still be alive.

Finally I would like to take this opportunity to remind media organisations around the world, in particular television stations and picture desk editors, that Madeleine's brother and sister, Sean and Amelie, were brought back to England to resume, in privacy, as normal a life as possible under the circumstances. Kate and Gerry again urge you not to use their image in your coverage, as the privacy of infants must surely remain paramount.

CLARENCE MITCHELL, ADDRESS SUPPLIED

Sorry?

SIR, I am pleased to hear Clarence Mitchell has been appointed as spokesman for Kate and Gerry McCann, but I dare offer him a humble word of advice. One of the facts in the missing Madeleine case is that Kate and Gerry left their children unattended in their nearby holiday apartment. As far as I know, neither Kate nor Gerry have apologised for this omission on their part, which causes many people who would otherwise be fully supportive, to have some anti-feelings towards them, regardless of what their involvement in Madeleine's disappearance may or may not have been.

The cost of not hiring a babysitter has been felt, not only by the McCann family and friends, but by the Portuguese police, the Portuguese public, expats and holiday makers in Portugal and the reputation of Portugal as a whole. An apology from the McCanns is fitting and would go down awfully well.

VERA BASSETT, By e-mail

Serious crisis ahead

SIR, Since the day (in 2005) that the tax police decided to hunt down the so-called "parallel beds" in the Algarve, half of the tourist sector (involving 500,000 beds) is in great crisis.

The most infuriating point in this 'charade' is that it is not the sector (or the owners) that are at fault, but the Câmaras (local councils), because for many years they have simply refused to help the owners or to deliver the licenses for small tourist outlets.

Then came another group of people who disrupted the sector even more: they are the so-called 'experts', who say they can get the license for the owner. They say the only thing an owner has to do is to pay them (a lot of money) "for opening a file" and then naturally, nothing happens. One of them tells the owner to fill out the (simple) questionnaire from the Câmara for ... €900. Another one promises to make "a study" about the type of prob-

lem you have and pledges to give advice for ... €1,200 and a third one does about the same for €1,500 and ensures "double protection" as well. Of course this does not include the cost of the engineer and the installation of fire protection devices.

But in each of the Câmaras there is one person responsible for licensing matters (the engineer, the architect or a responsible person). The first thing an owner has to do is to go and have a long talk with this person so that at the end, the owner should know exactly if he needs a license yes or no and if so, what he has to do. The cost of such a meeting? Totally free!

Some of these 'experts' on regular bases publish very sophisticated articles about licensing. I must confess that most of the time I don't understand what the articles purport to 'uncover' or to 'clarify' although I have an academic background ... of course the purpose is to make the matter even more complicated so that 'ignorant owners' call for (very expensive) advice.... this is what is known as "the squaring of the circle", isn't it?

The combined effect of all this is that a lot of tourist operators (and bed providers of all kinds) have now become very anxious, scared and frustrated. And the result has been dramatic, and many of them (hundreds) have already put their property on the market for sale. Unfortunately this is the worst time possible, as the real estate sector is in great crisis today, due to the uncontrolled construction of thousands and thousands of new villas, apartments and townhouses for sale. Portugal in general, and the Algarve specifically, are definitely heading for a severe crisis in the coming months and years as the so-called snowball effect hits employment, the restaurant business, the whole retail business, the transport sector, leisure businesses, and finally even ... the tax office!

THE REDACTION, By e-mail

Portuguese for Beginners

Emília Rosendo

102

THIS LESSON:

Arrow words with the letter 'o'

ARROW WORDS

① In this puzzle, all you have to do is use the clues to find the nine words. Each word contains the letter "o".

| | | | | | |
|---|---|---|---|---|---|
| 1 | O | | | | |
| 2 | | O | | | |
| 3 | | | O | | |
| 4 | | | | O | |
| 5 | | | | | O |
| 6 | | | | O | |
| 7 | | | O | | |
| 8 | | O | | | |
| 9 | O | | | | |

- É um verbo que significa escutar sons, vozes, palavras, etc.
- É uma construção que serve para ligar dois lugares separados, por exemplo, por um rio.
- É onde se sentam os reis e as rainhas.
- Com eles podemos agarrar objectos, desenhar, pintar, escrever, etc.
- É um dos meios de transporte aéreos.
- São animais domésticos, mamíferos que, geralmente, são autónomos e arranham muito!
- É um instrumento musical de cordas muito popular.
- Lugar onde se faz lume para cozinhar.
- É um verbo que significa ver, dirigir os olhos para alguém ou para alguma coisa.

② Complete with the arrow words.

- Ele está a tocar ... ou a ... música?
- Ele não está a escrever porque partiu dois ...
- Os cães e os ... são, normalmente, grandes inimigos.
- Pela ... o caminho é muito mais curto.
- Todos os visitantes estão a ... para o ... que é a peça mais valiosa do museu.
- Algumas pessoas têm muito medo de andar de ...
- Eu acendi o ... para ferver água.

Mourinho says goodbye

José Mourinho has once again shocked the world of football by handing in his resignation after Chelsea's surprise home draw against Norwegian side Rosenborg in the Champions League on Tuesday evening. However, some reports have suggested that Mourinho, whose club lies fourth in the Premier League, could have been sacked.

Chelsea Football Club and José Mourinho have agreed to part company by mutual consent, read an official statement published on the club's website in the early hours of Thursday morning after a meeting between the manager and club owner Roman Abramovich. The announcement follows BBC reports that Mourinho texted five senior players telling them he was leaving the club. The relationship between the Portuguese manager and club owner Roman Abramovich has been strained for several months, with Abramovich apparently wanting a more spectacular style of football and Mourinho angered at having players foisted upon him.

Mourinho, who won the UEFA Cup and Champions League with FC Porto, has been unable to repeat these achieve-

ments with Chelsea, though he did give fans at Stamford Bridge their first English league title in 50 years during his first season at the club.

The man who calls himself the special one has made no secret about his intention to train the Portuguese national team in the future. With Portugal's recent run of poor results (three consecutive draws against Armenia, Poland and Serbia) aggravated by Luiz Felipe Scolari's assault of an opposing player, some observers are predicting José Mourinho could have his wishes realised sooner than expected.

Chelsea, whose Portuguese supporters grew rapidly when Mourinho took over at the club, play defending champions Manchester United this weekend, whose Portuguese contingent is now the biggest in the Premiership.

Forum Algarve hosts an innovative golf teaching programme

With over two and half a dozen golf courses, the Algarve is definitely one of the main golf destinations worldwide. The balmy weather and the quality of its 'greens', make this region one of the most wanted to practice this sport.

In order to allow its customers, and the local community a closer insight of this activity, Forum Algarve, hosts an innovative golf teaching programme that aims to encourage and promote the practice of this game.

Between the 25th of September and the 7th of October, in Forum Algarve's Central Plaza, P.G.A Master Professional Tony will lead a team of introducers

to show non-golfers the keys to start playing golf. Forum Algarve's Central Plaza will become a true 'putting green' open from 11h00 to 14h00 and from 16h00 to 22h30.

Experienced golfers will also have the chance to take a free putting lesson with Tony, benefiting from the use of the most advanced analysis software (Science & Motion) and given

the opportunity to receive a personal report that will allow them to improve their performance.

This event is the perfect occasion for children and adults to spend some quality time among family and friends, learning and experiencing the elation of golf, under the supervision of a trained instructor, certified by the P.G.A.

The Royal British Club Golfing Society and the Peter Dawson Bowl

Thirty two RBCGS golfers gathered at the Aroeira I Golf Course on the 5th September 2007 to compete for the Peter Dawson Bowl for the 27th year running.

This prestigious large silver Bowl, originally the Royal British Club's Billiards Trophy, was passed over to the Golfing Society in 1982 and most appropriately so as the late Peter Dawson OBE had been Portuguese Amateur Golf Champion

in 1951. The Bowl has been presented ever since at the annual prize-giving event by his son Bruce Dawson and more recently together with his grandson Mark Dawson, both in contention to keep the trophy in the family.

Welcome drinks and a delicious buffet-lunch were served in the comfortable restaurant of the Club.

Bruce Dawson presented the beautiful Trophy to the proud winner Ed Robbins who scored 36 points.

Prizes were also awarded to Sally Buxton 2nd with 35 points, Carol Mason 3rd with 34, David Gray 4th with 33 points won on a count back from Fathi Al-Khadhra 5th and Vitor Campos 6th who also won the Newstead Cup and the Nearest to the Pin for Men. Carole Brandon won the Cowbell and Sue Leite Monteiro won the Nearest to the Pin for Ladies. The Guest Prize was awarded to Werner Laglitz and the Captain's Prize to Peter Rydin.



(fltr) The sponsor Bruce Dawson, Carol Mason 3rd, the winner Ed Robbins, Sally Buxton 2nd and Graciete Gibbon captain of the society.

2007 Battle for the Chatham Trophy

2007 is an important year for the Dutch. All over Holland they are celebrating the 400th Anniversary of the birth of Admiral Michiel de Ruyter, best known for leading a daring raid up the Medway River in England in 1667. The Dutch fleet easily broke the chain put across the river to prevent any such raid, succeeded in destroying much of the English fleet at anchor there and captured The Royal Charles, flagship of the English fleet.

Shortly after this event the famous English diarist John Evelyn wrote: "...a dreadful spectacle as ever Englishmen saw, and a dishonour never to be wiped out".

Some centuries later, in 1988 a group of British golfers in the Lisbon area tried to put this right by challenging a Dutch team to play for the Chatham trophy – two silver columns linked by a chain mounted on a wooden base. (Should the Dutch win, the chain stays



Group setting out to do battle on the 1st tee. (fltr) Auke Bos (Dutch Capt.), Sylvia S. Silva, Carol Mason (British Capt.) and Jimmy Gray.



Carol Mason (British Captain) receiving the Chatham Trophy from Auke Bos (Dutch Captain).

down for the entire year, a British victory ensures it stays up.)

The first competition ended in a tie, since then there have been

9 British victories and 4 Dutch.

On Friday September 14th 2007 two teams met to do battle yet again. Weather conditions were perfect, the golf course at Estoril was playing well. The Dutch captain Auke Bos had instructed his team to wear something orange. The British Captain Carol Mason had asked hers to wear anything red, white and blue and equipped them all with a small Union flag to give them that 'psychological edge'. After some enjoyable golf played in a very friendly spirit the result was a whitewash, every British pair won - though it has to be said two of the matches were only decided on the 18th green.

At a convivial lunch on Estoril Golf Club's terrace, Auke handed the trophy over to Carol. The chain stays up for another year and honour is partially restored!

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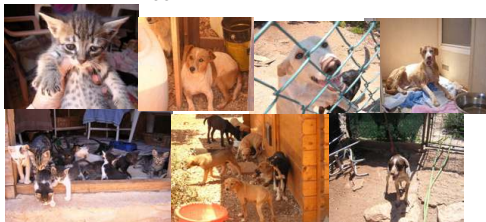
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QUEENIE NEEDS A HOME....

Skin focus: Aging skin

No one can avoid it! You can cover it up with makeup, you can peel away the layers with acid and chemical treatments, you can turn back the clock with surgery but, it will happen. It happened to your parents, it will happen to your children and it will happen to you!

It's inevitable. You will age and your skin will age with you. But healthy aging is a natural process, something that can be accepted and embraced. With so many quick fixes out there it's easy to forget the most important element of skin aging and that is skin health.

You could have a full face lift, eye lift, and neck lift at the age of 55, but if after the surgery you continue to abuse your skin, you continue to drink a bottle of wine every day, you continue to smoke, you continue to lie out in the sun, and you continue with

the same homecare routine of just soap, water and a moisturiser, how long do you think the effects of that surgery will last? Not long. After all, its only superficial, just because you had a facelift does not mean your skin will produce more collagen or more elastin. Yes, your skin is pulled tight so you can't see the wrinkles, but for how long?

If you focus on keeping your skin healthy it will always look good, whether you are 15, 25 or 65. It is possible to age gracefully, and what, may I ask is wrong with that.

There are two different types of aging. Intrinsic aging is the natural process of physical change over time, it is more about genetics than your lifestyle. This process begins in your mid 20s but will not begin to show on your skin until decades later.

It is premature aging (extrinsic aging) that you can control. Premature aging refers to the unnatural acceleration of the natural aging process it is induced by daylight exposure and lifestyle choices such as smoking, diet and stress.

The sun

The sun is responsible for a litany of skin issues, and more importantly skin cancer. Scientific studies have shown that repeated ultraviolet exposure breaks down collagen, impairs the skin's ability to repair itself, and attacks our elastin. In fact, 90% of premature aging is caused by ultraviolet rays from the sun. The damage caused by these damaging rays can be seen through deep wrinkles, age spots (hyper pigmentation), spider veins, a rough, blotchy complexion and the dreaded 'leathery' look!

Everyone seems to be aware of the dangers of lying out in the sun and most will use sun protection but it's the daily exposure to these UV rays that we should be equally aware of as cumulative damage will also cause extensive damage. Fifteen minute walks outside and occasional lunches outdoors can add up to weakened collagen and elastin, and of course, skin cancer. It's important to remember that even if you don't see pink or red skin after being in the sun, that doesn't mean that the damage hasn't been done.

Lack of sleep / stress

Skin is the first place to be affected by lack of sleep - the immediate effects of exhaustion are represented through dark circles under the eyes and sagging skin.

Stress is inevitable - just like aging! But it also contributes to premature aging. Often when we are stressed we furrow our brow, place our hands on our faces and pull it in every which way and direction and twist our faces around, performing repetitive movements that impart permanent damage.

Exposure to the elements

Cold winds and low temperatures can dry out skin, depriving it of balanced levels of sebum (oil) that keeps skin lubricated. Without these oils, skin becomes dry, and is more prone to premature aging because of the lack of protective oils. This goes for forced air heating as well such as air conditioning. Warm and dry air acts like a giant sponge, soaking up moisture from everything it touches, including your skin.

Lack of exercise / poor diet

Lack of exercise can contribute to prematurely aging skin, as exercise keeps muscles toned and stimulates blood flow. A poor diet leads to a lack of nutrition for



the cells and possible exposure to chemicals and preservatives. Fried and burnt food can also cause oxidation (free radicals from vitamins help counteract oxidation), leading to weaker cell structure.

Smoking

Smokers are more likely than non-smokers to develop wrinkled, leathery skin, as well as a

yellowish hue in their complexions. And even if you are not a smoker, being around a smoker can still cause damage to your skin.

SO WHAT CAN BE DONE?

Find out in next week's issue, when this article will be continued.

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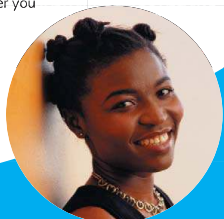
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Southern Portugal's revolutionary health technology

The Hospital Particular do Algarve (Private Hospital) in Alvor is an example to be followed concerning innovative methods and high-tech equipment. Continuously investing to modernize their various departments, the Hospital's Imaging Unit has recently acquired an ultra-advanced piece of equipment named the '64 Multi-Slice CT Scanner', a unique apparatus designed to intervene in and prevent a number of health risks that could be potentially serious by, providing diagnoses far earlier than with conventional techniques.

Hospital Particular do Algarve can claim to be the only health facility south of the Tagus River (southern Portugal) to have such equipment. It is used in four main areas of health monitoring: Cardiology, Neurology, Pneumology, and Gastroenterology.

The proliferation of the CT Scanner is due to the ability to explore the body at a high resolution. As the speed and resolution of scans have improved, medical imagers have become able to virtually freeze motion. The technology's used is quickly gaining acceptance and solid credibility in cardiac care and neurology. It's increasing usefulness is also recognised in virtual colonoscopies and lung cancer detection.

With the improved resolution, a low-dose lung scan will identify nodules less than one mm in size. A follow-up three to six months later can provide insight into the rate of growth through volumetric measurement.

So how exactly does this technology work?

According to the Hospital Particular, the apparatus allows specialists to perform angiograms to the vessels of the abdomen, the brain, the extremities and even small coronary arteries, as well as all other conventional CT scans, at about five times the speed.

As the 64 Multi-Slice CT Scanner allows very fast CT scanning, most scans are carried out in less than a minute. Its name derives from the revolutionary way it captures internal images in 'slices', taking 64 images per second. These images are then reconstructed using advanced software so a detailed, interactive 3D viewing of the internal area in question can be obtained.

First, a brief risk-factor questionnaire is given to patients to fill in. Next, patients lie down on the imaging table while a CT technologist places a few EKG leads on the body. Subjects are then asked to hold their breath while



The Hospital Particular in Alvor has recently acquired a '64 Multi-Slice CT Scanner', which provides diagnoses far earlier than with conventional techniques, and is capable of taking 64 images per second!

the images are taken.

And that's it! No pain or discomfort is involved. A board-certified radiologist will then put together an evaluation of the results, using high tech software and based on the images taken.

One of the most significant areas in which this sophisticated technology can effectively intervene is that of heart disease.

The primary cause of heart disease is the build-up of plaque (atherosclerosis) in the arteries of

the heart. This build-up can cause the arteries to narrow. Plaque can also break away from the artery walls and cause a blockage. In both instances the heart muscle does not receive enough blood flow and oxygen—thus a heart attack can occur.

Using this new equipment, any worries can be checked earlier than ever before by the innovative procedure of Cardiac Scoring.

Cardiac scoring is a revolutionary, pain-free, non-invasive and inexpensive procedure requiring less than 10 minutes. Using CT imaging with sub-second scanning capability, the equipment takes 70-90 images of your coronary arteries without any injections, needles or removal of your clothing. The amount of calcium or plaque detected in your coronary arteries is used to establish your cardiac score.

Conceived and built from scratch using only the most sophisticated technology, Hospital Particular do Algarve is in fact one of few private hospitals in Portugal to be licensed by the Ministry of Health.

Inaugurated in 1996, the need for such a facility has been proven by an ever-growing number of patients that turn to the HPA for its personalised care and attentive service.

To find out more about the '64 Multi-Slice CT Scanner', a conference will be held at the Pestana Hotel, Alvor, named "Computerized Tomography for prevention and early diagnosis", with the participation of various doctors and specialists.

For information on any other of the Hospital's services visit www.hpalg.com or to schedule a test, please call (+351) 282 420 400 or email info@hpalg.com.

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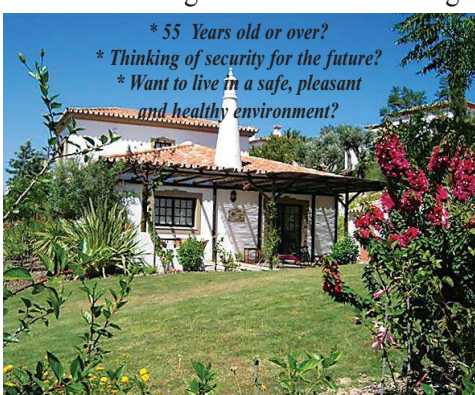
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Upmarket Algarve



A Town House, Monte Da Quinta Club.

What do Michael Owen and Ronan Keating and Madonna all know? That the Quinta do Lago resort in the Algarve is an irresistible place to relax. So irresistible in fact, the locals claim these celebs have all bought properties here over the years. Indeed, Sir Cliff Richard is so taken with this part of Portugal, he's even established a vineyard Quinta do Moinho, just up the road at Guia, where you can sample his wine!



The Club House and pools, Monte Da Quinta Club.

In reality Quinta do Lago is actually a vast area of many different resorts and is well known as a haven for golf lovers. But it's also a surprisingly attractive spot for families, as I discovered when I took my toddler to the Monte da Quinta Club 'village' at the southern end of Quinta do Lago, about a kilometre from the sea.

There are around 170 townhouses and villas in the club, each with its own pool. Each property is privately owned - mainly by British or Irish investors - who then let their houses to tourists at certain times of the year. With a maid coming in every day to tidy our villa, make the beds, activate the dishwasher and change the towels, it didn't take us long to realise we had all the benefits of staying in a hotel, but with the independence and privacy of self-catering thrown in. At least in theory...

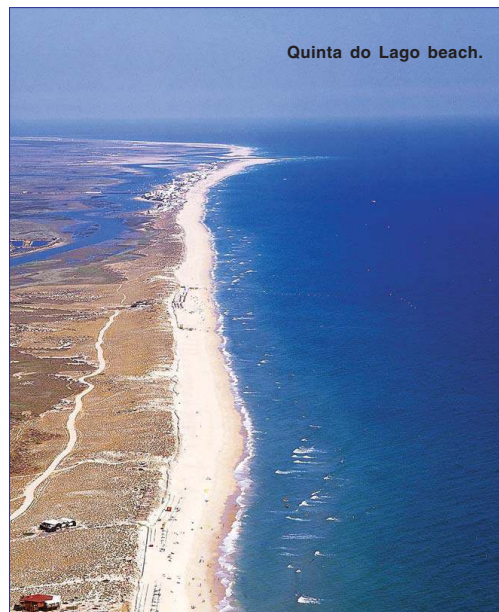
Monte da Quinta's seem to encourage eating at either the nearby trattoria or at the clubhouse, the hub of activity for the Monte da Quinta village. And we fell for it.

Not only is the clubhouse home to the large communal indoor and outdoor pools and health club, it also houses Kids World. Children from three to 12 years old can be dropped off here for half-day or full-day sessions (€20/€35) and can then throw themselves into treasure hunts, plaster painting, puppetry or even go on trips to the local zoo. Kids World will also arrange babysitting for €15 an hour.

After a few days, we grown-ups felt the need to break out of this exclusive luxury bubble to see the outside world, and decided to 'escape' courtesy of some hired bicycles (€34 for two bikes with child seats for a day). Not that we went far - just down to the beach and up to the supermarket, but we felt intrepid.

Quinta do Lago is separated from the Atlantic by the beautiful Rio Formosa nature reserve, which is home to many migratory birds. A long wooden footbridge crosses the estuary and links the car park, where we left our bikes, to the dune-backed beach. Sand and surf stretch as far as the eye can see, the view only broken by the sight of windsurfers making the most of the frequent strong breezes.

It's a good idea to bring a picnic, although fish fans can spoil themselves at Gigi's, one of the very few restaurants along the beach and one of the most famous in the Algarve. There's no menu



Quinta do Lago beach.

as such, just a list of the catch, which is charged by the kilo. We went for grilled squid for two in a delicious garlic sauce at €27. In fact this is one of the few places around here where you might bump into some actual Portuguese locals. That's how good it is.

After a busy day building sandcastles and jumping in and out of the waves, I booked into Monte da Quinta's Clinica Persona spa for an aromatherapy massage (€55). But it was still pretty soothing - after about 45 minutes she had to wake me.

In fact I only began to feel a bit stressed again when it was time to pack for the half-hour taxi ride to Faro airport to catch the flight home. It was then I realised we'd done something unusual on the

Algarve - our holiday had featured sand, sea, and plenty of walking in the sunshine, but we'd not been anywhere near a fairway. Clearly this place can do family breaks to a tee too!

TRAVEL FACTS

Ann Bird was a guest of Abercrombie & Kent Villas, which offers townhouses sleeping four at Monte da Quinta Club in the Quinta do Lago resort in the Algarve coast from £700/€1,010 in low season to £1,995/€2,879 in high season. Villas sleeping nine cost from £1,645/€2,375 to £4,270/€6,163, maid service included. A&K reservations, tel: 00 44 (0)845 0700 618 and www.abercrombiekent.co.uk

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No more drama

With PMS Awareness week about to begin on September 10, a poll has recently revealed that the average woman spends two years of her life suffering from premenstrual syndrome. We ask the experts how we can elevate those dreaded monthly symptoms.



Black moods, stomach cramps and embarrassing teary episodes in the chocolate aisle at Modelo are all synonymous with the 'time of the month', but they take up far more of our precious hours than we realise. (Photo: Press Association)

Black moods, stomach cramps and embarrassing teary episodes in the chocolate aisle at Modelo are all synonymous with the 'time of the month', but they take up far more of our precious hours than we realise.

New research has just discovered that women spend a staggering two years - or 770 days - of

their lives suffering from premenstrual syndrome (PMS).

More than two thirds of British women admit that waiting for their period makes them irritable and aggressive, with 42% even confessing to starting a fight or argument, and nearly a tenth feeling that anti-depressants are the only long-term solution, accord-

ing to a new survey by Magnesium-OK.

Rather predictably, PMS sufferers don't fare particularly well in the work place either, with over half those surveyed revealing how they find it increasingly difficult to cope with job stress around the time of their period, and one in three women admit-

ting that they've burst into tears in the office.

"PMS Awareness Week aims to highlight the lack of understanding among some GPs, and particularly focus on the fact that many women with menstrual related depression are diagnosed as having mental health problems and prescribed anti-depressants with no real account taken of the menstrual trigger for their symptoms," explains Chris Ryan, chief executive of NAPS (National Association for Premenstrual Syndrome).

"In fact, three times more women in the UK are diagnosed with mental health problems than men, and it is argued that a significant proportion of that figure is due to the presentation of severe PMS symptoms.

"At a clinical level I feel that we really need to look at PMS much more closely in order to enable GPs to become better advised about how best to deal with the syndrome," he adds.

The campaign goes on, but there's already plenty you can do to get your PMS in control.

Treating Pms

For The Record

"The first port of call is to plot your menstrual cycle for about three consecutive months every few years and then look closely at the related symptoms," Ryan advises.

"Evidence shows that at the onset of ovulation, the changes that happen within a woman's body have a profound effect on their general health, including migraines, bloating, acne, chronic fatigue and aggression.

"Women often come to us in their late 30s only to suddenly

realise that the health problems which they had since their teens have always been down to PMS, and they could have had a much better quality of life if only they had known before," he continues.

Food Therapy

Serotonin levels drop like a stone during ovulation and the brain needs to replenish it quickly, according to Ryan.

"Because of this, many women turn to chocolate and alcohol, which are very high in sugar, to convert to glucose, but only offer an immediate fix which doesn't last for long," he says.

"Alternatively, try to eat slow-release carbohydrates, such as pasta or rice, every three hours or so during the day when you are ovulating."

Shed The Stress

"Even though it's probably the last thing you feel like doing when you are suffering from PMS, it's a great idea to make a concerted effort to reduce your stress levels through regular exercise, because stress itself can exacerbate PMS," says Ryan.

"It doesn't matter whether you go for a swim or practice yoga, do whatever works for you.

"Complimentary and alternative therapies such as acupuncture or massage are also important, as is taking a good quality vitamin B6 supplement, and making the effort to talk to your partner about your PMS and helping them to understand what is going on.

"So many relationship's flounder due to PMS, especially when they are in their early phases, and it's such a waste of time," he warns.

Natural Remedies

Herbal Help

Many women assume that

uncomfortable pre-menstrual symptoms are inevitable, but the a organics range of whole-herb supplements contains several natural products which are thought to help combat the various symptoms of PMS and PMT.

Barking Mad

Scientists researching an extract from French maritime pine bark have discovered that it not only eases menstrual discomfort but also protects against skin ageing and sun damage.

The wonder supplement, called Pycnogenol®, has been proven in a clinical study to reduce the severity of menstrual pain by 36%, as well as reducing the number of days of pain.

For further information please visit www.pycnogenol.com. Pycnogenol® is available from pharmacies and health food stores nationwide.

A OK

A magnesium supplement could help boost levels of nutrients shown to help minimise the ups and downs associated with monthly cycles, and ease the symptoms of fluid retention and premenstrual migraines.

Pms - The Facts

- PMS often increases at times of hormonal turbulence, for example, puberty, childbirth, after miscarriage or pregnancy termination or changes in contraception.

- Women who experience post-natal illness are more prone to PMS.

- Women aged 30-45 years often experience the most severe symptoms.

- It often affects successive generations, although a genetic predisposition has yet to be established.

- PMS often makes pre-existing conditions worse.

Emma Pomfret

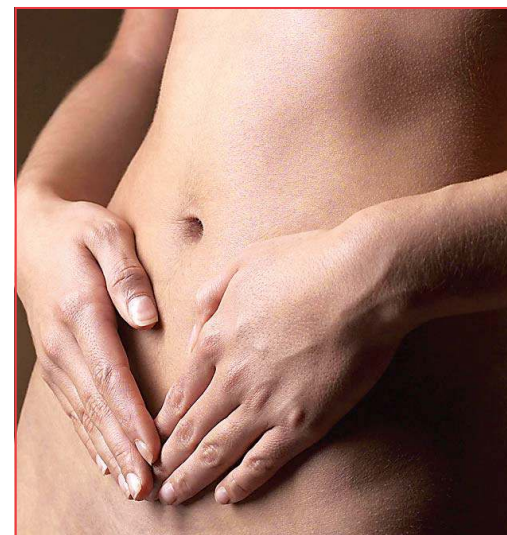
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PMS often makes pre-existing conditions worse. (Photo: Press Association)

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The nitty gritty

Children can have many problems now they are back at school - few more unpleasant than head lice. As the number of people with nits has been rising for the last 30 years, we look at some of the myths and ask experts the best ways to get rid of them.

The way young children huddle together and touch heads enables lice to spread easily, as the tiny creatures' only way of moving from head to head is by crawling from one hair shaft to another - they can't fly or jump.

Feeding on blood from the scalp, the lice will then breed rapidly on a new head, reaching infestation proportions in just a few days if not treated early.

To limit head lice outbreaks, make monitoring for bugs a part of family life. But many parents don't know what they're looking for, or how to best treat it.

Christine Brown, a nurse consultant at The Medical Entomology Centre (MEC), says: "People don't think about it until it happens to them or a member of their family. If parents are checking regularly, they can stop infestations before they get a hold."

She says live head lice, which are about the size of a sesame seed and range from tan to greyish-white in colour, aren't easy to see because they move very fast.

They stick eggs with a strong glue to hair very close to the

scalp, in particular at the nape of the neck and behind the ears.

Lice and their eggs can be seen through close examination of the hair, possibly helped with the use of a fine-toothed comb. White 'nits' are the empty egg shells.

The lice can't live on bedding, and you're unlikely to get them from using an infected person's comb.

And you won't always itch if



Live head lice, which are about the size of a sesame seed and range from tan to greyish-white in colour, aren't easy to see because they move very fast (PHOTO: Press Association)

you have them - it's often just an allergic reaction to the anti-coagulant the lice pump into you, and many people don't react to it.

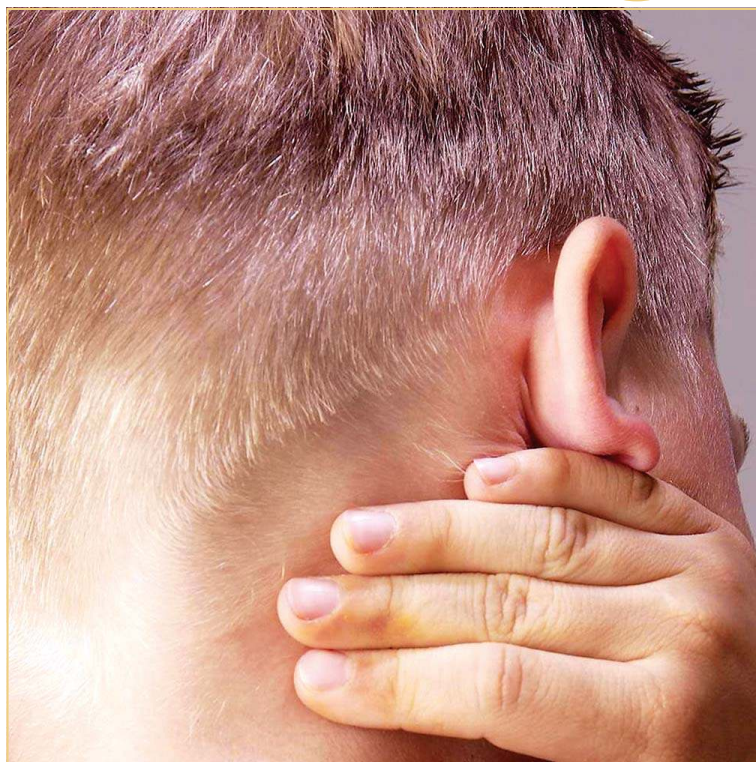
If you see live head lice, they need treating immediately, and there are various shampoos and lotions available in pharmacies, most of which need re-applying after seven days.

However, lice have become resistant to the chemicals used in some treatments - in fact, it's been estimated that 80% of the bugs are immune to over-the-counter lotions.

Brown suggests looking at treatment options on the website (www.onceaweektakeapeek.com) stressing: "I can't really say what the best way to treat them is - it's good that there are options, so you can choose the best one yourself."

"Treatments that are left on overnight have a better chance of working," she adds. "People shouldn't feel embarrassed if they or their family get head lice. It's as easy as catching a cold and it's no big deal - but get used to checking for them regularly."

Lisa Salmon



Back at school means more than just sharing lessons, lunches and learning. Unfortunately, many children will also be sharing head lice! (PHOTO: Press Association)

Ask the expert

My daughter's taking a packed lunch to school for the first time this term. What can I put in it that she'll eat that is healthy as well?

Food writer Annabel Karmel says: "Unfortunately, three out of four children's lunchboxes are overloaded with fat, sugar and salt."

"A healthy lunchbox should contain a source of protein like chicken or tuna to keep your child alert, complex carbohydrates like a pasta salad or sandwich made with wholegrain bread for energy, calcium like cheese or yoghurt for healthy bones and teeth, two portions of fruit and vegetables for vitamins and minerals, and a little fat for staying power. It's okay to include a treat like a cereal or chocolate bar, or better still try some home-made cookies or muffins."

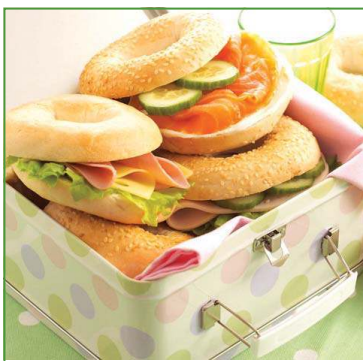
"Sandwiches don't need to be ham or cheese slapped between two slices of soggy white bread. Try giving pitta pockets with fillings like tuna, chopped egg, sweetcorn and mayonnaise. My children love griddled chicken,

shredded lettuce, tomato and salad cream or prawn and shredded lettuce and a cocktail sauce.

"Lunches can be prepared the night before to save time the next morning. You can prepare pasta salads, sandwich fillings, or include something from last night's dinner like soup in a flask or chicken skewers."

"Avoid too many processed foods, and instead of crisps or chocolate biscuits try offering popcorn, yoghurt-covered raisins, dried apricots etc."

"However healthy food is, it won't get eaten unless it's tasty and appealing to your child. Whole fruit tends to be returned to sender, but bite-sized fruit threaded onto a straw has much more appeal."



A healthy lunch (PHOTO: Press Association)

Three ways to

... set a curfew for a teenager

1. Discuss the curfew time with your child, listen to his requests and establish a compromise - but don't listen to what he claims his friends' parents are allowing.
2. Set clear guidelines and consequences for breaking the curfew, and involve your teenager in setting them.
3. Explain why you're setting the curfew, and congratulate him when he comes home on time.



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Make your dream garden a design reality



Founded by Eduard and Adriana Utrecht, Q Garden is a team of more than 30 dedicated multi-lingual staff, carrying out all aspects of gardening, and ensuring the best quality of work to fit each client's individual budget.

Customer service and satisfaction are key to a successful business – and this has always been their main focus.

All work, from design, construction, landscape building, creation, planting, renovation and maintenance, is done in-house, to a very high standard.

Established for twelve years, they can supply a large selection of high quality climbers, perennials, aquatics, indoor plants, flowers, bulbs, shrubs, palms, exotic plants, and fruit trees – in many exciting varieties. Eduardo is confident that Q Garden has the largest selection of plants to be found in the Algarve! An array of pots, plant holders, decorative containers and lawn furniture, is also on display. Their new autumn bulb range is now in stock, so make sure you order in good time to ensure your garden is full of colour next spring.



Garden furniture available at Q Garden

Q Garden provides an efficient, personalized service, from initial appointment, to completed design. From small gardens to large estates, great care is taken, giving your garden the individuality and style that complements your home and suits your lifestyle.

They also install automated irrigation systems, the ideal solution for watering your grass and plants.

Any plant orders are welcome – however, with conservation in mind Eduard prefers to sell plants indigenous to Portugal

and advises foreigners against plants unsuitable to this climate, which consume more water. The local climate, soil and wind conditions should also be considered when choosing plants.

Take advantage of their weekly promotions – with discounts ranging from 10% - 15%. Visit Q Garden, on the EN125, at Vale da Igreja, Odiáxere, Lagos. Tel.: (00351) 282 799 633, Fax: (00351) 282 799 893, Mobile: (00351) 919 356 932, E-mail: qgarden@mail.telepac.pt or visit their website at: www.qgardenpt.com. Opening hours are from 9am – 7pm, except Sundays.



An array of potplants available.

You can judge a pool by its cover



With the cooler weather fast approaching, many are contemplating packing away their swimsuits until next summer. You could, however extend your swimming season by investing in a pool cover, which would increase your pool temperature by 4°C to 8°C, depending on the season and your location.

Due to the cold evening breezes here in the Algarve, a warm pool can cool off between 6°C to 7°C overnight. With one of Aqua Pura's pool covers you gain about 8°C degrees in water temperature, thus allowing you to enjoy your pool from April to November.

Whether you are building a new swimming pool or already have one, Aqua Pura can help. They offer a complete swimming pool cover installation service, for manual or automatic systems, to fit all pool shapes and sizes.

The Covrex automatic pool covers can increase pool safety by preventing children & pets from entering the swimming pool – the cover is strong enough to walk on. A reduction in heat loss and evaporation helps to con-



Patrick Geradts at work.

serve energy, resulting in lower energy bills. Your pool will remain clean and free of leaf debris, reducing maintenance costs. All in all, great value for money!

Patrick Geradts has been manufacturing pool covers for

18 years, in his fully equipped factory. He believes this factory to be the only one of its kind in the Algarve. With a team of dedicated employees, who offer the best quality imported materials, excellent craftsmanship, and professional service in the manufacture of customised pool covers – reducing delivery and installation time to only two days.

Aqua Pura, one of the leading pool cover specialists in the Algarve, supply tailor-made pool covers to a very high standard. Contact them to find the best solution to cover your pool, by phoning (+351) 282 763 605 or visit their website at www.aquapura.com.pt.

Alternatively, visit them at stand 2 of the International Algarve Fair at Fatacil, Lagoa on 22nd – 23rd September.



Imported materials for the manufacture of pool covers.

KA Lagos – a kaleidoscope of creative inspiration



Your home is a reflection of who you are. Capture the exact mood and atmosphere to suit your personality and lifestyle with the exclusive collection of furniture and excellent soft furnishings in a kaleidoscope of colours and styles.

At KA Lagos, there is something to suit every décor and every lifestyle, from leading brands around the world, to compliment your home. Owner Diana's collection is influenced by the inviting, relaxed lifestyle of the Algarve and its friendly people.

Mixing modern textures with antiques or luxurious leather, her touch of fashion sensibility offers a diverse range of finishes, with a contemporary aesthetic style, creating interiors that fully engage the senses. Mixing old with new and modern with traditional, she creates a sense of fun in the home.

Diana understands colour and how it affects people in their day-to-day environments. She keeps up to date with the latest look or trend and can recommend furniture, sofas, beds, lights, lamps, pictures, candles, cushions, curtains and ornaments from leading national and international suppliers. Thus coordinating a

look for a room, home or office space, which is comfortable and pleasing to your purpose and needs. To give any room that 'wow' factor, why not add curtains with a vibrant colour?

Whether you need a single piece of furniture, or a complete room setting, you won't be disappointed. And bet-



Pretty in pink. (PHOTO: KA Lagos)

believes that feedback received from customers is a true measure of the quality of her products and service she provides.

Due to the huge success and demand, Diana has now opened DTC Interiors, next door to KA Lagos. Here, Diana stocks and sells furniture specifically chosen with her clients in mind, demonstrating her passion for her company. She trusts you will find shopping at DTC Interiors an equally rewarding experience. Contact KA Lagos on



Cool green creates calm. (PHOTO: KA Lagos)

ter still, Diana promises quality furniture at sensible prices. She

Tel.: (00351) 282 782311 or e-mail: kalagos@mail.telepac.pt

Make the most of your windows with M2M Blinds



Since the formation of M2M Blinds in January 2007, Andrea and Denny Bird have seen the business produce a steady growth; and now therefore feel the time is right to expand their product range.

They are expanding to include a comprehensive range of flyscreens. These will include an assortment of colors; and like the window blinds - including Vertical, Roller, Venetian, and many others - you will be able to choose your flyscreens in the comfort of your own home.

Unlike most other companies, M2M Blinds do cover all geographical areas. With their 'We Come to You' approach, it really makes it easier, more comfortable and more accessible for their customers to make their choices of style, colour, and finishing to their requirements.

So, if it is Window Blinds, or indeed Flyscreens, you are looking for, why not give M2M Blinds a call, for a Free, No Obligation Quotation, on: (+351)

286 518 059, or 932 894 709; or see their weekly advert in *The Portugal News*.

Or, go and see them at The Algarve International Fair next

weekend, at the Fatacil Showgrounds, in Lagoa, on Stand 78 (where there will be a 5% discount upon production of their company brochure).



An example of M2M Blinds' unlimited creativity.

Azul Properties' Jean Claude

Further to the article in last week's *The Portugal News* regarding PROTAL, Jean Claude and Azul Properties would like to clarify the following points:

The PROTAL regulations have not yet been implemented into the respective PDM's. We are waiting to see how each council will implement the regulations, and until this point there

is no certainty as to how PROTAL will affect the current situation. Whilst PROTAL does discuss the restriction of new construction within rural areas to one floor in some cases, it is still not clear how this will be implemented. It appears that it will be left to each council to decide whether the revised rules are to be applied retrospectively. Development

will continue to be allowed on rural plots where a ruin exists, regardless of the size of the plot.

Only once the PDM's are issued by each municipality will the situation be clear. Our advice to anyone considering purchasing a plot or project at this time is to seek legal advice as to the possible impact PROTAL will have.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 22 Sep 2007

PROPERTY OF THE WEEK

Tempted by Tavira?



Tavira is known for being one of the Algarve's most beautiful and naturally rich areas. Still relatively untouched by en-masse tourism development, it retains its feel of authenticity, of real Algarvean life and a Portuguese lifestyle. It is home to the stunning Ria Formosa natural park, one of the region's most remarkable eco-systems, as well as this week's Property of the Week, a two-bedroom villa in a typical Tavira neighbourhood.



Beautiful and comfortable, this villa boasts ample Algarvean characteristics.

Built in 1992, it is situated in the countryside on top of a hill, offering glorious views of the sea and mountains nine kilometres north of Tavira.

To be sold furnished and equipped, it is also within close proximity of a number of golf courses. Surrounded by 3,200m² of land, the property has its own bore hole (200 metres), septic tank, automatic irrigation, swim-

ming pool with surrounding terrace, and central heating.

It has a separate garage with additional workshop and quaintly rustic 'Santa Catarina' terracotta-tiled floors, a nod to one of the region's most traditional, indigenous products.

Covered south facing terraces also boast super panoramic views, ideal for al-fresco dining. Covering 112 square metres, the villa comprises an entrance hall, shower room, a pretty kitchen with cane ceilings, fully equipped with quality electrical domestic appliance, a dining room with a cane ceiling and French windows that open



onto a covered terrace, and a spacious sitting room, complete with fireplace and also having French windows leading to a covered terrace.

Both bedrooms have fitted wardrobes, one being en-suite, the other having patio doors

that open onto a private covered terrace.

There is an additional shower room, a family bathroom and dressing area.

This villa is priced at €298,000.00. For more information, contact Este Algarve on:

(+351) 281 951 165, 281 370 277, fax: (+351) 281 951 438, 281 370 761, or e-mail: belasantospedras@hotmail.com.

Alternatively, to view this or any other of Este Algarve's properties, see website: www.estealgarve.com.



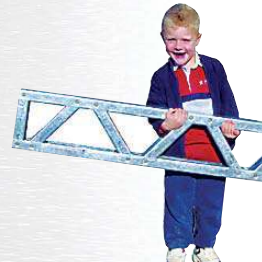
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Vilamoura

Beautiful ground floor 2 bedroom / 2 bathroom "Fully Furnished" apartment with front-line golf views. Wood-burning fireplace, radiator heating and air-conditioning. This apartment is perfect for holiday rental income or holiday home.

Price: € 295,000 / £ 203,000



Vale Formoso / Almancil

Luxury 2 Bedroom "Fully Furnished" house on small condominium of only 12 villas within 5 mins drive of Quinta do Lago & Vale do Lobo beaches & golf courses. Also within walking distance of the Michelin star "Henrique Leis" and renowned "A Quinta" restaurant. ***Great Value & Opportunity*** **Price: €360,000 / £248,000** (Based on Ex Rate 1.45)



Vilamoura

New 2/3 Bedroom townhouses with electric shutters, modern fully fitted kitchen, electric radiator heating, pre-installed for air-con, central vacuum system and large garage suitable for 3rd bedroom or games room.

Price: € 395,000 / £ 272,000



Vilamoura

4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.

Price: € 695,000 / £ 479,000



Vilamoura

Beautiful spacious 3 Bedroom / 3 Bathroom detached villa located near "Browns" health club and Old Course Golf club overlooking Vilamoura Golf Academy.

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Quinta dos Salicos

Outstanding villa of 240m2 set on a plot of 2823m2. 3 bedrooms, 3 bathrooms, lounge, dining room, equipped kitchen. Sat-TV, swimming pool, storage room, established mature garden, central heating, 3km from beach and centre of Carvoeiro.

Ref. V-316 **Price: € 695,000**



Pestana Golf & Resort

Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw.pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished.

Ref. V-327 **Price: € 299,000**



Sesmarias

Large 5 bedroom villa, good location with sea view. 2 bathrooms + 1 shower, spacious kitchen, lounge / dining room with fireplace. Garage and storage room. Very private swimming pool area with generous sundeck, fully fenced and partly furnished.

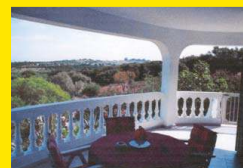
Ref. V-348 **Price: € 695,000**



Carvoeiro central

Top floor apartment close to Carvoeiro beach w/ large communal swimming pool, elevator, ample parking, 2 bedrooms w/ wardrobes, lounge/dining area w/ wood burner, fully equipped kitchen, modern bathroom, large roof terrace w/ seaview. Very good investment!

Ref. A-235 **Price: € 175,000**



Salicos

Spacious 3 bedroom villa. Excellent location w/ view of Monchi-que mountains. On a cul-de-sac, close to Marinha beach, on 3000 sqm plot. Open space kitchen, lounge, dining room w/wood burner, large terraces, easy to maintain garden, space for swimming pool.

Ref. V-349 **Price: € 495,000**



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VILAMOURA: EN125, Boliqueime
Opposite Barclays Bk Tel: 289 301 294



Tavira

"Something Special" Opportunity to build 1 or 2 houses in the historical centre of Tavira, w/ garden & pool. Covered area 250 to 430 m2 depending on the size of garden.

Ref: LHR-747 **Price: € 265.000**



Tavira

T2 townhouse in mature urbanisation in Tavira w/ large terrace, communal pool, stunning views & good rental potential. Construction approx. 130m2, built in 2004.

Ref: LHT-824 **Price: € 267.000**

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please contact us to arrange an appointment.



Tavira

Spacious, new 5 bedroom family residence, w/ office, garage, terraces & garden, in a quiet Cul de Sac. Construction approx: 238 m2, (excl. basement), plot 674m2.

Ref: LHV-935 **Price: € 600.000**



Moncarapacho

Large 5-bedroom villa. Immaculate condition. Pool, garage & landscaped garden. Central location. Construction approx: 480 m2, plot 1337m2, built in 2006.

Ref: LHV-927 **Price: € 850.000**

Reduced to €795,000 for Quick Sale

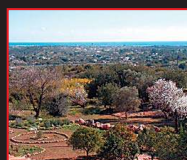
An opportunity to acquire a large property set in 10,000 m2 of garden, some parts of which are over 120 years old. Mostly refurbished to a very high standard, this house will make an excellent family home with the added advantage of superb office facilities for anyone wishing to work from home and also have an additional income from the on-site holiday cottage. The property boasts two large entertainment terraces, a Chef's dream of a kitchen with granite worktops throughout, a large relaxing dining room, a fully air conditioned lounge with satellite TV, a superb air condi-

tioned four room master bedroom suite also with satellite TV, several other bedrooms, a library, sewing room, laundry room, study, workshop, garden room, storeroom etc. In total nearly 600 square metres of covered area. The office suite is air conditioned and fully wired with separate telephone, fax and ADSL broadband all networked to the adjoining office reception area. The holiday cottage offers a lounge/diner/kitchen and a double bedroom with en suite shower and toilet, a sun terrace and pool located outside the cottage door. The garden contains numerous fruit trees including oranges, lemons, grapefruit, apricots, figs, olives, almonds and carobs with an

irrigation system covering most of the grounds. This is a very comfortable property ready to move into, but still with enough scope left to put your own mark on it and all for only €895,000. For a more detailed colour brochure or to arrange to view please contact either Trevor on 917 010189 or Frances on 916 859898



QUINTA in Moncarapacho





Stunning villa in one of the Algarve's most sought after locations

Three en suite bedrooms, plus stunning master bedroom with sea views, private terrace, Jacuzzi, high tech shower. New kitchen dining room, lounge with panoramic views, massive lower ground floor with wine cellar, bar, kitchen and private terrace. Suitable for TV/Cinema room, billiards etc. The party and entertaining floor without equal anywhere. Three floors, all served by lift, complete wheelchair accessibility throughout. The property has under-floor heating and air conditioning, comprising 500 square metres of living space, very private landscaped gardens of half an acre, swimming pool, totally fenced with electric gates and impressive entry drive. Situated just outside Almancil, near to the golf courses of Vale do Lobo, Quinta do Lago and Vilamoura. ----- € 975,000 Euros

For further details and an appointment to view Call Nevin 919 555 916



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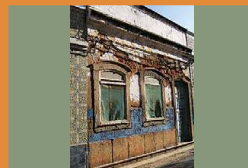
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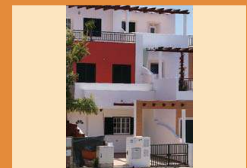
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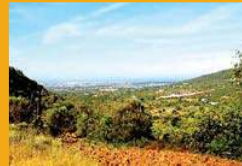
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Ref: A1203 Price: € 250,000



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Ref: A1201 Price: € 272,000



Vilamoura

Beautiful apartment composed of 2 bedrooms, 2 bathrooms, lounge with dining area, equipped kitchen and 2 terraces. Good furniture. Communal swimming pool and garden area.

Ref: A1202 Price: € 325,000



Vilamoura

Semi detached villa composed of 2 bedrooms, 3 bathrooms, lounge with fireplace, equipped kitchen, storage area and terraces. Carport, swimming pool and garden.

Ref: V12517 Price: € 325,000



Vilamoura

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Ref: V12515 Price: € 690,000



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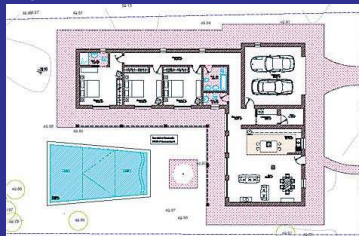


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Add bulbs to your spring planting

It's time to plant some bulbs to look forward to in spring. Whether it's drifts of daffodils, heady hyacinths or tantalising tulips, you can pep up your patio or give your borders a boost with these easy-to-grow bulbs.

Think carefully about the effect you want to create and how you are going to achieve it before buying and planting, though. Flower bulbs with different flowers and foliage can create very different looks.

"You can accentuate the colour of a gold-variegated evergreen by adding yellow daffodils or tulips," says award-winning garden designer Andrew McIndoe, author of *Unwins*



Book Of Bulbs, published by Westland, priced £9.99/€15.00. Try contrasting deep plum tulips

against a yellow-foliage shrub, or blend them with one that has wine-red leaves. Pink tulips are wonderful with silver-blue foliage, as are purple and blue crocus." Good contrasts include Tulipa 'Black Parrot' yellow foliage, while the purple balls of Allium 'Globemaster' sit well with the feathery foliage of fennel.

Drifts of bulbs are often more effective, as few look good planted individually unless they are big, such as large alliums, lilies and crown imperials. McIndoe advises: "In large beds and borders, repeat groups of the same variety through the planting. This amplifies the effect and gives continuity." Unless you

have a really formal planting scheme, avoid planting bulbs in straight lines, which looks contrived.

Personally, I prefer flurries of bulbs of the same colour, whether in a border or in pots. I love small terracotta pots filled with blue muscari (grape hyacinths). McIndoe says that blue can prove a useful link between other colours in the border and that adding blue can make other colours work together.

In rockeries and small borders, dwarf varieties are ideal, such as Narcissus 'February Gold' and 'Hawera', but avoid mixed daffodils as they flower at different times and the colour mix isn't always complementary.

Tall Darwin and lily-flowering tulips are perfect for planting with herbaceous perennials, as their blooms rise above the emerging foliage. Many bulbs thrive in shade or semi shade, in woodlands under trees, where many other plants would fail, so make the most of them.

Remember, too, that bulbs such as tulips and daffodils (Nar-

cissi) planted directly in a border can become a nuisance after flowering, as their faded foliage is unsightly and you might forget where you planted them when cultivating the ground in the dormant season.

If you're worried about this you may be better off planting them in terracotta or dark ceramic pots and placing them unobtrusively in your border during the flowering season. That way, they can be removed immediately afterwards and the bulbs put somewhere dark and dry until the autumn, when they can be replanted. You can then fill your pots with annuals for some summer colour.

Spring bulbs can be planted straight into outdoor containers and left on the patio until spring, although I tend to put them somewhere where they won't suffer too much damp over the winter and stick them on pot feet so the bulbs don't rot. By spring, you should have a burst of colour, which can continue into early summer if you choose your bulbs wisely.

Hannah Stephenson

What's in store

Below are three members of a family that give a bright look to summer and autumn gardens.

Cassia didymobotrya that is now referred to as *Senna didymobotrya* in the modern Royal Horticultural reference books, is a delightful shrub that grows to a height of up to 2.5 metres with a spread of 1.5 metres. Its long leaves are composed of several small leaflets that give it a very dainty appearance. Flowers are a delightful golden yellow up to 3 centimetres across. A native of the tropical regions of Africa it does need to be grown in full sun in a good soil mixture that is kept moist throughout the active growing summer period with liquid fertiliser given monthly during this time. It does need to be given adequate protection if the temperature is likely to drop below 10°C.

Cassia floribunda sometimes referred to as *Cassia corymbosa* variety *plurijuga* is another plant that is within the Sennas as *S. x floribunda*. This shrub has much smaller dainty leaves composed of smaller leaflets. Like the previous plant it grows to roughly the same height and spread and flowers during the summer and autumn months with attractive sprays of up to 20 bright yellow flowers, these blooms slightly smaller than those on the previous plant. This is a plant that has been produced under garden conditions but it does need similar growing conditions to *S. didymobotrya* above.

Another very rewarding plant is *Senna corymbosa* often referred to as *Cassia corymbosa* is another delightful shrub. It grows slightly taller and with a greater spread than the two previous ones and has similar coloured flowers. A native of Argentina it needs similar growing conditions to the previous two and must be protected if the temperature is likely to drop below 10°C.

Madge and John Measures

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*not the Chelsea Flower Show, but the Algarve's best!

From plot to plate

Pak choi

This is a great oriental brassica which is perfect stir fried with oyster sauce as an accompaniment to Chinese dishes, or raw in salads to add colour and crunch. Sow it now at 20-25°C (68-77°F) in module trays and then transplant the seedlings when they are big enough to be handled.

Pak choi likes deep, fertile, moisture-retentive soil with plenty of added organic matter, in a sunny site. Roots are shallow and should be watered little and often, so the soil is never allowed to dry out.

It takes around 10 weeks to mature. Leaves should be picked as needed, when the plump heads have formed. If you pick a lot, the stumps will resprout, providing several pickings over two to six weeks.



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O Beiral, creative inspiring cuisine

O Beiral is an unusual little restaurant with an equally unique menu. Run by Italian couple Alessandro Silvestre and Olimpia Maria Zaza, it is the type of restaurant where one can take time to unwind, as food is freshly prepared, and savour the surroundings as if relaxing in your own dining room.

Located in the charming hamlet of Barão São João, O Beiral captures rural rustic essence with a Caribbean twist. Using ample cane on walls and to roof the al-fresco dining courtyard, and fresh, floral tones complimented by exotic, colourful ornaments, the intimate restaurant creates a unique dining experience. It comprises a welcoming dining area (for which reservations are highly advisable given its restricted capacity) and a mellow al-fresco eating area.

Entering the restaurant via its kitchen is a first quaint particu-

larity. Once a take-away chicken piri-piri shop that was very popular with the local community, the restaurant still has its original wood oven, now also used for exotic dishes such as tasty Moroccan Tagines, cooked in traditional Portuguese clay dishes, and an oven-cook king prawn gratin.

Whilst the couple use their Italian heritage and culinary talent to produce one-off specialties like pasta with salmon and vodka, asparagus and cream, or pasta with shrimp and vegetables, a wealth of other international dishes make up the menu.

Each dish is based on a well-known favourite, then given chef Olimpia's own creative touch to elevate it to new heights.

These delicious meals include beefsteak with Gorgonzola cheese sauce or steak with fresh green peppers, breaded lamb chops, duck filet with cognac sauce, salmon with cream and almonds, sole with white wine sauce, or a Monkfish with aubergine concoction that requires an entire day's preparation.

Daily specials vary extensively, and can boast anything from grilled duck loin with fresh vegetables, a delicious lamb Tagin that literally tastes as good as it smells and melts in the mouth, or tuna-steak Italian-style with onions.

All meats are cooked to per-



Pictured above: Grilled duck loin with fresh vegetables, and opposite: delicious lamb Tagin, both dishes taste just as good as they smell.

fection, beautifully seasoned, and prices are very reasonable.

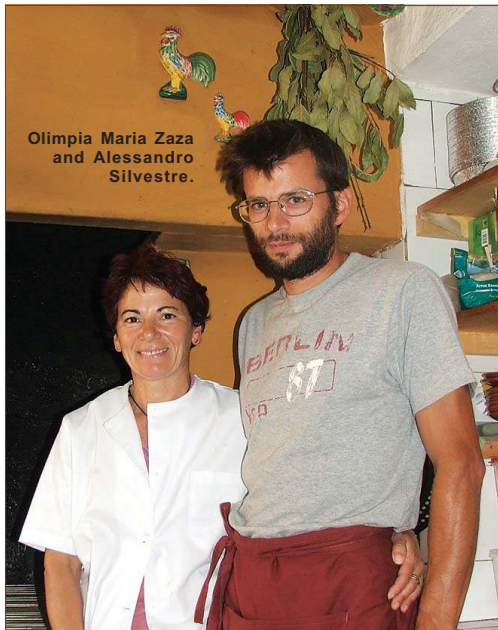
There is a good selection of starters, including fresh regional olives, goat's cheese, or anchovy rolls, but the dessert menu is exquisitely simple, and features homemade artisan Italian ice-cream, made by an Italian couple who live in Aljezur and own a boutique-factory dedicated to the specialist product, to be complemented with cream or amaretto. Olimpia often makes

her own desserts, like tiramisu, Pannacotta with fresh strawberry sauce, or apple pie, if cake is more your thing.

Now in Portugal for just over two years, Olimpia and Alessandro opened O Beiral last year. For them it was a dream come true, as owning their own restaurant had been a goal for many years. Before creating O Beiral, the couple had worked in the Monte Rosa resort, Olimpia as a chef, and Alessandro in gen-

eral maintenance and restaurant. Prior to this the couple had run their own successful specialist bread bakery in Sicily, southern Italy, for some ten years, and before this Olimpia had worked as a chef.

Like all true Italian food-lovers, Olimpia has always been passionate about cooking and still gets visibly excited when talking about it. She is very enthusiastic about the restaurant's winter menu, which will boast the likes



Olimpia Maria Zaza and Alessandro Silvestre.

Restaurant guide

ALMANCIL

Bistro des Z' Artes

International Menu

Open: 12.00- 15.00 & from 7pm.

Closed Mondays

Rua Calvário, 69, Al Mancil
Tel: 289 395 114 / 967 785 601

Shanghai Restaurant

Delicious dishes from Shanghai, China

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Rua do Comércio, 94 R/c,
Tel: 289 397 642

Don Toro Angus

Steakhouse

Steaks, gourmet burgers, fish grills & vegetarian

Open: Daily 18.00-23.00

Sítio das Escanxinas

504A, Al Mancil

Tel: 289 355 005

ALVOR

Faja Lobi

International & Suriname Cuisine

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Urb. da Dourada, Lote 1, Alvor

Tel: 282 414 133 / 918 838 484

LAGOA/SILVES

Mister Grilo

National, International & Vegetarian dishes

Open: 17.00 - midnight

Rua António Joaquim Cabrita, N.º7, Porches, Lagoa

Tel: 282 381 176 / 918 365 426

O Cantinho dos Italianos

Pasta dishes

Open: 12:00 - 15:00 and 18:00 - 23:00

Largo 25 de Abril, N.º 1,

Pêra

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LAGOS/LUZ

Duna Beach

Open: 9am with finger food & snacks

Lunch: 12pm - 5pm

Dinner: 8pm - 11 pm

Bar: until 5am

Meia Praia Beach, Lagos

Tel: 282 762 091

Don Toro Angus

Steakhouse

Steaks, gourmet burgers, fish grills & vegetarian

Open: Daily 12.00-15.00 & 18.00-23.00

Rua Lançarote de Freitas, 12, Lagos. (Opposite the Cultural Centre)

Tel: 282 767 234

A Taberna

À la carte menu with daily specialties

Open: 10:00 - 23:00

Quinta da Encosta Velha, next to Budens off the EN125

Tel: 282 690 505

A Florestal Restaurante

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Sun. Special Brunch 12-3pm

Barão de S. João, Nr. Luz

Tel: 282 687 204

Dolce Vita

Pizzeria and International Menu

Open: 12.00 - 15.00 & 18.00 - 22.30

Rua Soeiro da Costa & Rua Lançarote de Freitas, Lagos

Tel: 282 768 466

O Beiral

International & Vegetarian menu - Italian specialties

Open: Evenings only

Closed: Mondays

Rua Dr. Guerreiro Tello,

Barão de São João

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No Patio

International Restaurant

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Sunday from 13.00

Rua Lançarote de Freitas, 46, Lagos

Tel: 282 763 777

Blue Wave

Beach bar

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Cabanas Velhas between Burgau and Boca do Rio

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is a good selection of vegetarian dishes. To perfectly finish off the experience, a detailed wine list is available with information on each variety.

For more information, call O Beiral on: (+351) 282 688 004, or mobile 912 299 672. Open evenings only.

O Meu Limão Tapas & Wine Bar is located just in front of the Golden Chapel in a quiet, tree-lined, pedestrian square in Lagos. Your host José welcomes you to his eatery, offering a good breakfast menu as well as tapas and fullsize dishes. Food is served all day from 9.30am to 2am. The Portuguese and international dishes are all freshly prepared by the Portuguese chef, who has world wide experience, all are reasonably priced. Vegetarians have not been forgotten and they have an excellent wine list. Situated in an ancient building, it has a light and airy Mediterranean ambience, which is enhanced by the blue and white tiles. You can choose to eat inside or outside and just relax and watch the world go by.

Duna Beach Restaurant & Bar is located on the soft sands of Meia Praia, near Lagos. Totally renovated with a new image inspired by nature, using natural fabrics in soft colours combine to create a simple yet sophisticated setting. Open year round, you can chill out in the open, airy lounge atmosphere over-looking the fabulous pool. Choose from a range of healthy dishes prepared by their chef Jerónimo Abreu from fresh, carefully selected ingredients. These include Portuguese, international and vegetarian dishes. Opening at 9am with fingerfood

and snacks the bar serves cocktails, long drinks, fruit juices and milkshakes, and doesn't close until 5am! There are sun loungers and stylish shades for rent on the beach, 3 tennis courts, changing and shower facilities, and watersports. Occasional special events.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

The **Blue Wave Beach Bar** can be found at Cabanas Velhas Beach (between Burgau and Boca do Rio). Serving tasty sandwiches, various salads, fresh fish, house specialities, fish cataplana, chicken piri-iri and more! Combine your visit to the beach with a leisurely lunch and refreshing drink.

Mister Grilo Restaurant is

a tricky place to find in Porches, but well worth the discovery. Not only well known to local residents, but also travellers from afar. The bar/waiting area is comfortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint - washed walls with miniature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.



Fresh, floral tones complimented by exotic, colourful ornaments in the intimate restaurant creates a unique dining experience.



One of the most beautiful restaurants in the Algarve. Nelita, a fantastic chef, serves wonderful dishes: duck breast with peaches or plums, many fillets (with sauces) flambéed at your table, Tournedos wrapped in bacon, Vegetarian dishes, cataplanas etc. Very good service. Lovely sea & country view from terrace. Clients always return!

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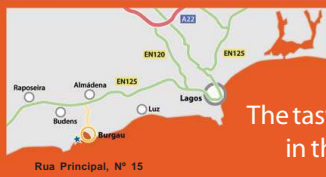
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Open at 9am with finger food & snacks.
Lunch 12pm - 5pm
Dinner 8pm - 11 pm
Bar until 5am



Rats

Rats are mammals which belong to the rodent family, the word "rodent" is derived from the latin word "rodere" which means "to gnaw". Rats have large incisor teeth that are continually growing and they need to gnaw to prevent the teeth from overgrowing. Rats are from the Genus *Rattus* under the sub-family of *Murinae*.

Although there are many different species of rats throughout

the world, it is the Brown Rat (or Fancy Rat or sewer rat (*Rattus norvegicus*)) which has been domesticated and kept as pets. Rats are pack animals, which helps to ensure survival in the wild in many different environments. Their average lifespan is 2-2½ years although they can live longer and up to 3-4 years has been known.

Rats make good pets, but they

will need the same care, attention and commitment as any other pet. The more they are handled as a baby and youngster the better they will be at being handled and will enjoy being with you. They are also very social animals and thrive on company, so it is better to have 2 rats instead of one, but in order to reduce rat fights it is better to introduce a new addition while the rats are young. Keep rats in single sex groups to avoid unwanted additions! Grooming is a very important part of the rats social bonding. They are very clean creatures but if you decide that yours needs a bath use a mild puppy or kitten shampoo.

Domesticated rats are not hardy in cold weather. Preferably the temperature should not fall below 7°C and not rise above 24°C. They need to be housed inside, preferably in the home – they love watching comings and goings and interactions, so would love it in a busy part of the house. Their home should be quite big; preferable the smallest should be 60cm long x 30cm wide. Ventilation is very important as any decomposing urine or droppings will give off ammonia, which can irritate the rats respiratory system. Wire cages are the best forms of housing as it provides by far the best ventilation. Rats are intelligent creatures and need lots of stimulation if confined to their cage, this can be done very cheaply with a little imagination and some rope and branches. Make sure that you provide a nice, cosy box for it to go to sleep in.

The cage needs to be lined with some form of litter. This soaks up the urine and can provide nice bedding material for the rat. The most commonly used is wood shavings – larger shavings are better than sawdust as the sawdust can irritate the rats respiratory system. Although the cat litters made of pellets of recycled paper are very good but do not use the standard types because the clay and the dust can be irri-

nants. Shredded paper or paper towels can be used as bedding. Make sure that they contain low levels of ink – i.e. non glossy magazines etc. The bedding will need to be changed every few days but rats can become insecure when "their" smell is removed so leaving a few bits of smelly bedding in with the new bedding can help to reassure the rats or else they may start urinating more!

If you are going to let your rat roam free around the house on occasions then certain precautions will need to be taken. Rats like to gnaw at things so make sure that you protect any stray wires with hosepipe or equivalent. They will like to climb and scurry around and can be prone to knocking things over, so make sure that anything that can break is safely stowed away. Some houseplants are poisonous to rats so please remove them, as rats like to climb and chew them. When you let your rat out make sure that doors and windows are closed and that any small holes or cracks are blocked up.

Rats are omnivores like people, and do best eating a fresh diet of wholegrains, vegetables with some animal proteins. (possibly by providing a few dog biscuits!) There are prepacked foods available. If you use prepacked foods give a little at a time and make sure that all is eaten (except for the empty grain husks, and the pellets, these pellets are made of alfalfa, and they mainly add bulk to the diet), before giving more. Rats can be picky and this will result in an unbalanced diet.

There are numerous web sites which offer recipes for a bal-

NEUTERING CAMPAIGN!



Once again, a neutering campaign for street cats will be held between **Monday 1st October and Friday 5th October** at Quinta dos Ciprestes, Ferrel, Lagos (Jeff Allen's old veterinary clinic). Anyone that would like to have a street cat neutered during this week should call me on the number below to make a provisional booking. A nominal charge of 5 Euros per cat will be asked for to help cover costs, if it is possible, but each case will be assessed separately.

This time we do not have vets coming from the UK as there seems to be a shortage there and so the vets and nurses of Clínica Veterinária do Ferrel in Espiche are once again giving up their days off to make the campaign a success. Various volunteers will be out "in the field" trapping and transporting the cats to the clinic. We do, however, still need information on the whereabouts of cat colonies and trappers if anyone is adept at this! If anyone would like to offer monetary support to cover costs of medication, etc. then please contact me.

Thank you. Michele 919 457 263
Happyhounds@mail.telepac.pt

anced, home-made rat food. Favourite foods for treats are vegetables, fruit, cooked liver, kidney, or other low-fat meat, cooked bones, cooked pulses, live yoghurt, sunflower seeds, wholemeal pasta and bread and brown rice. Water should be available at all times and changed daily. The best dispenser is a

bottle with a ball valve, drip system, this keeps the water clean and stops bits of food accumulating in the water. Although rats do like drinking and washing from a bowl of water.

Protect your pet with knowledge.

Copyright © Paws4Pets 2006
Julie Pickering

Special Offers from Paws 4 Pets



We do hope that you will come and visit the Paws 4 Pets stand at this weekend's Country Fair at the Fatacil exhibition ground in Lagoa. We will have a complete range of Christmas gifts for animals and animal lovers, and we will have special show offers on Scalibors, Frontline, Dyna-Mite and Crackling dog treats.

We would also like to thank all of our regular customers and all of the new customers who visited us at SCRUFFTS last Sunday. A great day



was had by all and I think that the dogs had a fantastic time. I know that mine did – a real experience for Zozzy long legs.

Advertising Opportunity

Advertise your veterinary on this page for as little as €5/week on our Vet List.

For more information, call Bella Talhadas on 707 500 655 or e-mail sales@the-news.net

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Fax: 916 273 376

www.paws4pets.net

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We are open 10am until 5pm Monday until Friday

Vet List

Ana Silva
Consultório Veterinário
Aurora
Pé da Cruz
8550-328 Monchique
telf - 282 911 008
Urgências - 964 192 251
ana_silva@netcabo.pt

Claudia Santos
Torreão Clínica
Veterinária
Sítio de Torreão-
Areiro
8100-225 Loulé
Tel: 289 422 286
torrejaoveterinaria@sapo.pt

James Cagney
Consultório Girassol
Estrada Palmares
8600-252 Odiáxere
Tel: 282 799 268



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Call Sónia on 707 500 677
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THE PORTUGAL News
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North



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

UNTIL 30 SEPTEMBER



Sculpture Exhibition by Harald Klingelhöller 'O Mar na Maré Baixa Sonhado' • The exhibition not only shows recent works of this artist

from Düsseldorf, but also some pieces created around twenty years ago. Klingelhöller is known by crossing in his sculptures materials rarely used in sculptures, like paper and card combined with stone and steel • Serralves Museum • Rua D. João de Castro, 210 • Tel: 226156500 / 543 / 584 • serralves@serralves.pt • www.serralves.pt

23 SEPTEMBER



Promenade Concert 'Tchaikovsky's Overture 1812' • 11h30 • Prices from €5 to €10 •

Coliseu do Porto • Rua Passos Manuel, 137 • Tel: 223 394 940 • Fax 223 394 949 • coliseu@coliseudoporto.pt

MAIA (PORTO)

UNTIL 30 SEPTEMBER

Photo Exhibition 'CHIPRE: 10 000 Years of European Civilization under threat' • Fórum da Maia (next to the City Hall Maia) • Open daily from 15h00 to 19h00 • Also on exhibition 'sé verla al revés' by the painter Oscar Ranz • Rua Herois de Mucaba, 32, 4470-056 Maia (Porto) • Tel: 229023 868 Fax: 229023852 • ajf@masterguardian.com mailto:ajf@masterguardian.com www.chiprenews.net



from Düsseldorf, but also some pieces created around twenty years ago. Klingelhöller is known by crossing in his sculptures materials rarely used in sculptures, like paper and card combined with stone and steel • Serralves Museum • Rua D. João de Castro, 210 • Tel: 226156500 / 543 / 584 • serralves@serralves.pt • www.serralves.pt

Centre



CASCAIS

16-29 OCTOBER



Painting Exhibition by Merle Cynthia Strachan at Estalagem Albatroz • African Caribbean & Portuguese oil and Acrylic paintings • Situated on Rua Fernandes Tomás, nº 1, the Estalagem Villa Albatroz was originally owned by the Dukes of Palmela, officially recognised as a building of architectural and historic-cultural interest • Open from 10h00 to 20h00 • 214647430

ESTORIL

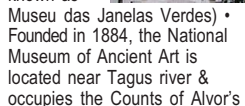
UNTIL 27 SEP

Great Concerts '07 of the Casino • Du Arte Lounge Thursdays at 23h30 • Info.estoril@estoril-sol.com 214667700 • 214825400

LISBOA

DAILY

National Museum of Ancient Art (popularly known as Museu das Janelas Verdes) • Founded in 1884, the National Museum of Ancient Art is located near Tagus river & occupies the Counts of Alvor's palace, dating from the 18th century and the old convent of Stº Alberto which chapel is a fine example of Portuguese Baroque art and architecture • Tue:14h-18h;Wed-Sun:10h-13h/14h-18h (Closed Mon & holidays) • Rua das Janelas Verdes • 213912800 • Entr. €3 • www.mnarteantigaipmuseus.pt



from Düsseldorf, but also some pieces created around twenty years ago. Klingelhöller is known by crossing in his sculptures materials rarely used in sculptures, like paper and card combined with stone and steel • Serralves Museum • Rua D. João de Castro, 210 • Tel: 226156500 / 543 / 584 • serralves@serralves.pt • www.serralves.pt

UNTIL 30 SEPTEMBER



Bodies Exhibition 'The Human Body as you have never seen before' • For information: 707234234 or 213466255 (Monday to Friday from 10h00 to 19h00) • or email ocorophumano@energysplash.com • Palácio dos Condes do Restelo on Rua da Escola Politécnica, 42 - Príncipe Real • www.ocorophumano.net

21,22 SEPTEMBER

'D'un Soir un Jour' - performed by the Dance Company Rosas with choreography by Teresa de Keersmaeker • 21h00 • Grand Auditorium of Belém Cultural Centre • Tickets: From €5 to €17,50 • Praça do Império • Tel: 213612400 • www.ccb.pt



Concert by the Orquestra do Norte 'Efemérides da Arte Musical' • Anne Kaasa (piano), José Ferreira Lobo (conductor) • Works from Edvard Grieg, Georges Bizet, Manuel de Falla and Edward Elgar • Grand Auditorium of Belém Cultural Centre • 21h00 • 213612400

UNTIL 30 SEPTEMBER



Sea Monsters exhibition - Oceanário de Lisboa reveals the mysteries of the seas • Do not miss this opportunity to learn more about the oceans in the time of the Dinosaurs • In the atrium of the Oceanário is a "true" marine monster, with more than 20 meters and 800kg, inviting visitors to the exhibition appealing to recycling and preserving the environment, one of the purposes of the exhibition in the ambience of one of Europe's biggest oceanariums • The Oceanário de Lisboa is situated in the Park of Nations • Open from 10h00 to 18h00 • 218917002 / 06

SINTRA

DAILY



Pena Palace • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

DAILY

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150



ALBUFEIRA

DAILY



Municipal Archaeological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year is open from 1030 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt

ARMAÇÃO DE PERA

MONTHLY



Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first **Thursday** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

LAGOA

29 SEPTEMBER



Concert by Orquestra do Algarve conducted by Osvaldo Ferreira and at the piano soloist Armando Mota and Borja Otero • 21h30 at the Auditório Municipal • Concert in commemoration of World Music Day • The orchestra will be interpreting music from Mendelssohn, Poulenc and Schubert • 282380452

FARO

23 OCTOBER



Contemporary Theatre-Dance 'Insula / A Ilha' • In the scope of Commemorations on the 10th Anniversary of the Romania Consulate in Algarve, the show has the sponsorship of the Embassy of Romania in Portugal and of the Romanian Cultural Institute • Produced by Florin Vidamski and choreographed by Fatma Mohamed • Teatro das Figuras at 21h30 • Info: 289888100

PORTIMÃO

28-30 SEPTEMBER

World Motorboat P1 Grand Prix • Visit the site www.cm-portimao.pt

South



SANTANA DA SERRA

DAILY

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com

SÃO BRÁS ALPORTEL

UNTIL 30 SEPTEMBER

Painting Exhibition by Angélica Caldeirinha • S.Brás de Alportel Municipal Gallery • Mon-Fri: 10h-13h/15h-18h

SÃO B. MESSINES

TUE, WED, SAT

"Desperate Horsewives!" social horseriding & lunch for mums and golf widows Tuesday am • **Pony Club** Sat am & Weds pm • Quinta da Bica, Messines • Livery, hacks, lessons, horse-share and children's pony parties • Call 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

DAILY

Museu Arqueológico (Archaeologic Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt



TAVIRA

DAILY



Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

www.the-news.net

Summer Jazz in Almancil • Every Sunday afternoon from 16h30 to 19h30 • free entrance to pateo • Ermitage Terrace • For directions, please view : www.ermitage-algarve.com • Tel: 289355271

BMX (Bicycle MotoX) International Championship 'Fieldcontrol' 22nd & 23rd September Parque da Juventude in Portimão



Competing athletes from 13 countries

"UrbanZooms" Art Exhibition by H. Fejgl and A. Van Nooi until September 31

Once more, Adrian and Helena will be displaying an exciting collection of photos and photo-collages inspired by colorful graffiti, a real treat for lovers of colors and abstract art. Only this time, their works will be shown in a salon in one of Portugal's best hidden secrets — the Palácio Gorjão. Standing in the heart of Bombarral, a small town near Torres Vedras, this architectural jewel was built in the 16th century by the Cunha e Coimbra family. In the 20th century it became the Municipal Museum which now houses archeological remains, an ethnography room, as well as an outstanding collection of modern sculptures. Open seven days a week, this museum/palace can be visited from 10:00 to 12:30 and from 14:00 to 18:00. Entrance is free and there is a good pastry shop right across the street!

Project of Exchange with European youths on board the CREOULA "European Citizenship... By the Sea we Learn" Date: 22nd September Time: 15h00 Place: CREOULA, Portimão



Watch the arrival of 52 youths from 9 European countries in the Sailing Boat from the Portuguese Navy CREOULA on 22nd September at 15h00, in Portimão, organized by the H2O-Associação de Jovens de Arrouquelas, with the Sponsorship of the Prime Minister José Sócrates' Cabinet and the European Commission in Portugal, and participation of Skipper Ricardo Diniz, European Ambassador of the Oceans, in the scope of the Sea Green Book.

WALKS

Irish Society walks

The Irish Society of the Algarve is ready to start their walks again on Saturday, September 29th from 10am. Directions to get to meeting point: From Silves, take EN124 to Messines, remain on EN124 until third roundabout, just prior to A2 IP1 tolls, where you need to take third exit signed Messines then take first right signed Foule de Luis at Restaurante J Da Praça and follow this road for just over 2kms to Restaurante O Caixeiro on your right, car park is behind the Restaurant.

From A22, take A2 IP1 (mo-

torway to Lisbon), come off at Messines/Silves toll, after tolls turn right at first roundabout, signed Messines and then take first right signed Foule de Luis at Restaurante J Da Praça and follow this road for just over 2kms to Restaurante O Caixeiro on your right, car park is behind the Restaurant

Walk will start at 10:00 at Restaurante O Caixeiro on paved roads, wide tracks and paths. Hill walk, easy to moderate with great views

Walk Leaders Lin & Simon Hartley. For more information, call John O'Neil 969 459 029.

Lets Walk through Orange Groves

A 2 hour fairly easy circular walk through countryside and orange groves close to Silves. Terrain: surfaced road and good tracks. Footwear: trainers or comfortable outdoor shoes. Equipment: a bottle of water, sun hat and sense of humour. Cost: €4 per person. No need to book please just come along but please be aware they do leave on time. 10.30am start meet at the 'O Litoral' café / restaurant at Benagil. The road to Benagil is opposite the International school on the EN125

sign for a Turismo rural and a road to the right, follow this road for about 3km which crosses over the Arade river and the café is just along on the right. With walk leader: Julie Statham 282 697 298 or 965 753 033.



Saturday September 22nd, Monday September 24th.

Equipment: a bottle of water, a snack, walking stick could be useful, sun hat and sense of humour. Cost: €6 per person. 10.30am start meet at the 'O Litoral' café / restaurant at Benagil. The road to Benagil is opposite the International school on the EN125

between Lagoa and Porches. You follow the signs for Benagil and after approx 5km the road swings sharply to the left to head downhill at this point on the right is the café and some parking places.

Walk leader: Julie Statham 282 697 298 or 965 753 033

Let's Walk along Cliff Tops

A circular walk of almost 3 hours along the cliff tops and through countryside – there will be plenty of photo opportunities. Please be aware there will be

some climbing up and down the cliff path. Terrain: surfaced road, good tracks & stony paths. Footwear: trainers or comfortable outdoor shoes with a good grip

Thursday, September 27th.

DANCE

Terpsícore – a celebration of dance

The dance spectacular held in celebration of the Algarve Dance Company anniversary. Choreography interpretations with be performed from some of the greatest dance shows, such as D Quixote, Sleeping Beauty, La Bayadère, Paquita, Corsário, Queen of Ice and Pulcinella. Some of the best dancers will be attending the celebration

from all over the world, including Royal Swedish Ballet, Operatrathearte of Saratov; National Dance Company, Hamburg Ballet and Algarve Dance Company. Choreography by M. Petipa, N. Abramova, E. Beliaev, C. Cantinho, A. Fernandes, Y. Ivanenko, A. Dellas and K. Pastor.



September 23, Teatro das Figuras, Faro from 9.30pm. Tickets: €15.

Advertise your company on the radio!

Algarve

**Rádio Restauração 102.3 Oihão
Rádio Atlântico Sul 104 Lagos**

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**Rádio Ourique 94.2 Ourique
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8100-579 Loulé

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JUST FOR FUN

Lesboa Party - Lisbon

The biggest hetero-friendly



September 28th, from 11.30pm in Lisbon. Tickets: €15.

party is to take place at the Pavilhão de Exposições do Instituto Superior de Agronomia, in Tapada da Ajuda in Lisbon, to promote tolerance to gay men and lesbians. This year is the anniversary of Lesboa Party, and party-goers must come dressed in white. There will be performances from Miss Toxic, Alex Santos and VJs Bruno and Vera.

BBQ - Tavira

There will be a charitable BBQ at Shirley and Peter's, Vista Poaglis, in Malhão (Tavira). There will be music by Tó de Costa. At the BBQ meats, various salads, red or white house wine, beer and soft drinks will be served. Relax by the pool, have a swim or dance away the calories.

Saturday 29th September from 2.30pm in Tavira.

Tickets are €18 per person. To book call Pat on 281 323 493 or Jose on 281 958 081 or email diane@dsdeals.com at diane@dsdeals.com. The event is organised by Tavira Fund Raisers in aid of the Canil São Francisco, Loulé, where abandoned and neglected dogs and cats are taken in and cared for.

25 Years in Portugal

Watercolours and oil painting by Clive Cook will be on exhibition at the Slave Market gallery in Lagos. The inauguration will commence at 6.30pm, Friday 21st September refreshments will be served. The exhibition will last

until 30th September and will be open from 11am - 8pm.

Clive was born in 1955 in Chorley, Lancashire, England. He studied at Hammersmith school of art and design London and Trent Polytechnic, Nottingham. He arrived in Portugal in 1982 and lives

Urban Zooms

Art Exhibition by H. Fejgl and A. Van Nooij from Sept. 8th until Sept. 31st.

Once more, Adrian and Helena will be displaying an exciting collection of photos and photo-collages inspired by colorful graffiti, a real treat for lovers of colors and abstract art. Only this time, their works will be shown in a salon in one of Portugal's best hidden secrets - the Palácio Gorjão.

Standing in the heart of

Bombarral, a small town near Torres Vedras, this architectural jewel was built in the 16th century by the Cunha e Coimbra family. In the 20th century it became the Municipal Museum which now houses archeological remains, an ethnography room, as well as an outstanding collection of modern sculptures.

Open seven days a week, this museum/palace can be visited from 10:00 to 12:30 and from 2pm to 6pm. Entrance is free and there is a good pastry shop right across the street!

Win an interactive Virtual Tour

Virtual Tours are fast becoming one of the most popular ways to promote and sell property. Here in the Algarve, specialist interactive Virtual Tour providers '360VT, The Virtual Tour People' have made it their mission to provide the best in technological resources and equipment, offering proper, fully interactive virtual tours as well as professional photography.

You can seize the opportunity to find out more from the experts at the upcoming Algarve International Fair, this weekend on September 22nd and 23rd, furthermore, you could win an interactive Virtual Tour by entering their competition, and the winner will be announced on Sunday the 23rd by The Portugal News' publisher, Paul Luckman.

Virtual Tours do not apply solely to those looking to sell or let a property, they can be used as an effective and captivating way to capture and promote any type of property including but not limited to: Real Estate, New Home Developments, Condominium Units, Holiday Rentals, Hotels / Resorts, Boats, Conference rooms and exhibitions, Golf Courses, Health & Fitness Clubs, Theme Parks / Water Parks, Historic Buildings, and Museums. Virtual Tours can even be used as a keepsake or to document the progress of building or renovating a property; the list is almost endless. Virtual Tours offer opportunities that are so persuasive that their use cannot rationally be discounted by anyone, simply using photographs that spin or rotate does not qualify as a true virtual tour. Unless the images are linked together in a meaningful way that offers the viewer the ability to control the "tour" through a property or area, they are nothing more than disjointed images that rotate.

360VT The Virtual Tour People do not use 'one-shot' photography (i.e.: The whole room photographed

in one shot) as this method creates images which are properly exposed near the light source but under exposed (dark) in the areas away from the light source. Therefore '360VT, The Virtual Tour People' use the slices method in order to get an even light exposure throughout the whole shoot.

360VT Tours allow for the ordering of still and panoramic images into a single presentation which can either be presented through web sites or distributed as stand-alone self-running presentations via email, or CD-ROM. What distinguishes 360VT's product from most others is the ability to add "Hot Spots" within the tour. These "targets" can be placed within any of the views, and allow the viewer to make navigational choices similar to actually previewing a property in person. Hot Spot targets may be visibly placed on the front door, the garage door and the bay window. Each Hot Spot controls the next image that will be displayed, truly offering the viewer control over the Virtual Tour. Additionally, a tour can even include a blueprint / floor plan of the property with Hot Spots leading directly to each room. The Virtual Tour application offers a truly compelling way to present and preview any property, all without physically being present.

360VT The Virtual Tour People is supported by Nexus (Algarve Net). Algarve Net website has been adapted to allow for agents and individuals who promote their properties with them to upload a virtual tour on their website with a click of a button. To enter the competition and the chance to win an interactive Virtual Tour of your very own, just answer the following questions: (The answers to these are at www.360vt.org). Questions 1 & 2 are on the 'Why have a virtual tour' page, question 3 is on the 'Prices' page).

1. According to NDP group 'properties with virtual tours are viewed _____ % more than a property that doesn't'.
 2. The latest research of Gómez travel-related products and services (July 2006) claims: 'Hotel Virtual Tours increase on-line bookings by up to _____ %'.
 3. What is the price of the Virtual Tour basic pack?
- The answers can also be found in the information that will be given out at the International Algarve Fair. Answers should be handed in to the '360VT, The Virtual Tour People' stand, inside the property exhibition tent. Or alternatively via email info@360vt.org (don't forget to include your full name and contact details)

EXHIBITIONS

in Figueira, Vila do Bispo, where his Private Gallery can be found.

Whilst living in Portugal the artist has exhibited in the Algarve at Hotel Belavista da Luz, Barringtons-Vale do Lobo, Parque da Floresta-Budens, Slave Market and Armazém Regimental - Lagos, Emarp - Portimão, Artina - Tavira, Le Meridien Penina - Portimão, Le Meridien - Lisbon,

Le Meridien - Porto, Holiday Inn - Lisbon, Cervejaria da Trindade - Lisbon, Galeria do Edmundo Cruz - Colares, LM Galeria - Chão dos Meninos - Sintra, Câmara Municipal de Alenquer, and Chiado D'Arte - Lisbon.

Further details of the exhibition can be obtained by telephoning 282 695 446, or 916 720 981 or www.clivecookpaintings.com.



Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

LIVE MUSIC

Classical music concert

Friends of the Museum are delighted to start the new season of monthly classical music concerts with an outstanding trio: Raquel Correia (piano), Inês Barata (violin) and Miguel Rocha (cello) will be playing music by Bach, Haydn, Dvorak, Glazunov, Popper and de Freitas. Said Lynne Booker, Director of Friends of the Museum, "For the first time we have a trio of Portuguese nationals, playing international music from baroque through to modern, and including one Portuguese piece. Friends of the Museum is an international organisation, but we have our parent institution here in Portugal, in São Brás, and I am really delighted to welcome this Portuguese trio of international pedigree to our Museum." Raquel Correia began her music studies in Lisbon and Oporto, continued in Austria and Canada, and has performed all over Portugal; she teaches full time at the University of the Algarve in Faro. Raquel has performed as soloist with the Metropolitan Orchestra in Lisbon and recently performed with the Orchestra of the Algarve in Faro, Loulé and Lagos. Inês Barata was a student

of the Conservatory in Lisbon, and went on to further studies in Pecs (Hungary), Moscow and New York, where she studied with Viktoria Mullova. She joined the Symphony Orchestra at the São Carlos theatre, and went on to solo performances with this orchestra and with chamber groups. She has served on music juries for international competitions, and is much in demand as violin teacher in many locations in Portugal. Miguel Rocha is another graduate of the conservatory of Oporto. He has studied and competed in Lausanne, Paris, Prague, Basle and Manhattan, together with performers such as Tortelier; he has performed in France, Switzerland, Germany, Italy, Spain, Mexico, Brazil and USA. Miguel returned to Portugal in 2001 and has performed often as solo cellist and in chamber groups. The concert is at 8.30pm on Saturday 22nd September. Tickets are €20 (€18 Friends of the Museum).

For tickets or information, e-mail administrator@amigos-museu-sbras.org or call 966 329 073/luazul 289 845 452/museum 289 840 100 or visit www.amigos-museu-sbras.org.

Fado Night – São Brás museum

Carlos Oliveira (guitar) and Carlos Plácido (Portuguese guitar) will continue their appearances at the Museum's very popular Fado Night on the last Sunday of each month. Their next appearance will be 29th September at the usual start time of 9pm. Bar open from 8.30pm. Tickets are priced at

€5, and €3 for Friends of the Museum. It is recommended that you book your tickets and reserve a table well beforehand.

For more information, e-mail administrator@amigos-museu-sbras.org call 966 329 073/luazul 289 845 452/museum 289 840 100 or visit www.amigos-museu-sbras.org.

September 29th, São Brás Museum.

Silves live music

Thinking about doing something different this weekend? Why not check out the natural beauty Silves has to offer? While you are there be sure to visit Café Inglês located on Silves castle steps to hear local talented artists perform a variety of music.

This week you can see Tuka (guitar and voice)-brazilian ballads & beats on Friday, September 21st from 8.30pm. Patrino Morris on September 22nd from 8.30pm. Sunday will see two concerts - Zé Manel Martins, Afro Latin Quintet from 3pm and Reggae Fusion with Samantha Ray from Australia in the tent located in the gardens of Café Inglês from 9pm, entrance

to this concert is €2. All other concerts are free. If you wish to eat, reservations are recommended. Call 282 442 585.



Patrino Morris

LIVE CONCERTS

The Police - Lisbon

The Police are a three-piece rock band consisting of singer/bassist Sting (Gordon Sumner), guitarist Andy Summers, and drummer Stewart Copeland. The band became globally popular in the early 1980s, playing a style of rock that was influenced by jazz, reggae, and punk music. Their 1983 album *Synchronicity* was number one in the UK and the

US and went Platinum eight times in the US. The band broke up in the mid-1980s, but reunited in earlier this year with the announcement that they are undertaking a huge, international world tour dubbed The Police Reunion Tour until early 2008, in celebration of the 30th anniversary of their hit single 'Roxanne' and also, to a lesser extent, that of their formation as a group.



September 25th at Oeris National Stadium. Tickets: €55 to €95.

Pedro Abrunhosa & Bandemónio

Pedro Abrunhosa is a Portuguese singer, musician, actor and songwriter. Aside

from his music, he is known for always wearing sunglasses in public.



September 27th at Estoril Casino from 22.30pm. Free entrance. Tickets: €55 to €95.

Shakespeare's Wife

By Germaine Greer, is published in hardback by Bloomsbury.

Almost 400 years after his death, Shakespeare's reputation as England's greatest playwright is almost unassailable and he is widely lauded as the "Man of the Millennium". Yet while a cottage industry quickly grew up around his life and work, so little is known about his wife that she has become, in Greer's phrase, the "silent woman of Stratford".

In this contentious and highly-readable biography, Greer argues

that this "wife-shaped void" has been filled by later (mostly male) "bardolators" with their own speculations - "most of which do neither them nor their hero any credit". That Ann Hathaway was older than Shakespeare and pregnant when they married has prompted much conjecture that she was a scheming woman who trapped an innocent young man. Further evidence of her failure as a wife is read into their long periods of separation and her omission from his will. In much the way that Jean Rhys's *Wide Sargasso Sea* seeks to rehabilitate the character, albeit fic-

tional, of the first Mrs Rochester, so Shakespeare's Wife seeks to reverse the "endless traducing" of Ann with a more sympathetic and balanced portrait. With her usual verve and insightfulness, Greer argues persuasively that many of the assumptions of the "Shakespeare wallahs" are prejudiced and ill-informed, while suggesting alternative, more positive interpretations.

Greer acknowledges that her controversial hypotheses - for example that Ann was a strong, independent and perhaps even literate woman, who may even have had a hand in publishing her husband's

work - invite "guffaws" in academic common rooms.

She also concedes they are "probably neither truer nor less true than the accepted prejudice" - and indeed many of her arguments could be regarded as guilty of the very bias she deplores elsewhere.

But this meticulously researched account, which combines literary historical sleuthing with documentary evidence and informative social history, goes a long way to filling that gaping hole in Shakespeare scholarship - The Wife's Tale.

Vivienne Morgan

BOOK REVIEW

COMING SOON

COMING SOON

BOX OFFICE

COMING SOON

COMING SOON

SEPTEMBER

Joana Pedro - September 29th at Guia Algarve Shopping from 5pm. Entrance is free.
Mafalda Veiga + João Pedro Pais - September 29th at Oporto Coliseum from 10pm. Tickets: €25 to €32.50.

OCTOBER

Mafalda Veiga + João Pedro Pais - October 4th at Lisbon Coliseum from 10pm. Tickets: €17.50 - €40.
Rod Stewart - October 7th at Estoril

Casino. Further info TBA.

Dimmu Borgir - October 9th at Lisbon Coliseum from 9pm. Tickets: €20.

Rão Kyao - October 19th at Lisbon Cultural Centre in Belém from 9pm. Tickets: €15

Mafalda Veiga + João Pedro Pais - October 26th & 27th - Lisbon Coliseum from 10pm. Tickets: €17.5 - €40.

Comeback Kid, Devil in Me, All Against The World, These Hands Are

Fists - October 28th at Seixal Ginásio Club de Corrois from 6pm. Tickets: €20 - €22.
Enrique Iglesias - October 28th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €23 - €50.

Patti Smith - October 28th at Lisbon Coliseum. Tickets: €25 - €30.

NOVEMBER

Interpol + Blonde Redhead - November 7th at Lisbon Coliseum from 9pm. Tickets: €25 - €28.

Da Weasel - November 10th at Lisbon Pavilhão Atlântico. Tickets: €15 - €25.

Editors - November 16th at Lisbon Pavilhão do Restelo from 9pm. Tickets: €30.

NOFX, The Loved Ones, Easyway, Humble - November 18th at Carcavels Pavilhão Desportivo da Quinta dos Lomos from 6pm. Tickets: €25.

Marilyn Manson + Turbonegro - November 19th at Lisbon Pavilhão

LIVE CONCERTS

Atlântico from 8.30pm. Tickets: €25 - €30.

DECEMBER

Xutos e Pontapés - December 8th at Lisbon bullring in Campo Pequenos from 11pm. Tickets: €5.

JANUARY

Strauss Orchestra Festival - January 4th, 5th at Lisbon Coliseum from 9.30pm. Tickets: €10 - €45.

LIVE SHOWS

Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am, 3.30pm and 7.30pm on December 8th. Minimum age of 3.

FEBRUARY 2008

Tap Dogs - Tap Dogs are currently taking the world by storm with their unprecedented tap show that combines the strength and power of male workmen with the precision and talent of tap dancing. February 12th until 17th at Lisbon Casino Ocean Auditorium in Lisbon. Tickets: €30 to €35.



SEPTEMBER

Powerboat F1 Championship - This is the final - and deciding - race in the Powerboat P1 World championship. Excitement and an intense sense of competition are assured with the fastest boats in the world, powered by motors that reach as much as 2,000 horsepower and can achieve speeds of 160kph, which on open sea represents the equivalent of 320kph on land! September 28th until 30th.

OCTOBER

Argentinean Tango - Performances by quintet Tango Quattro accompanied

by renowned dancers Juan Capriotti and Veronique Guide. October 20th from 9.30pm at Aula Magna in Lisbon. Tickets: €20 - €35.

The Great Beijing Acrobat Circus - Founded in October 1950, this acrobatic performance has traveled the world. October 26th - 27th at Lisbon Coliseum. October 31st - November 1st Oporto Coliseum. Tickets: €10 - €30.

NOVEMBER

Argentinean Tango - Performances by quintet Tango Quattro accompanied by renowned dancers Juan Capriotti and Veronique Guide. November 10th from

9.30pm at Teatro das Figuras in Faro. Tickets: €25.

Bugs Bunny on Ice - 'Around the World in 80 Minutes Show' is a show based on the bestseller by Jules Verne. See all of your favourite Looney Tunes characters such as Bugs, Daffy Duck, Tweety, Sylvester, Speedy Gonzales, Granny and the Tasmanian Devil on ice. November 1st - 11th at Lisbon's Campo Pequeno. Tickets: €15 - €40.

Barbie at the Symphony - This series of 6 CGI animated films features Barbie™ singing and dancing to some of the world's best loved musical scores, and

includes ballet sequences choreographed by Peter Martins of the New York City Ballet. November 17th and 18th at Lisbon Coliseum dos Recreios from 11am to 3pm. Tickets: €20 - €35. November 25th at Oporto Coliseum in Oporto from 11am to 3pm. Tickets: €18 - €35.

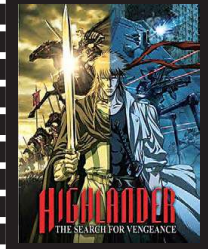
Sleeping Beauty Ballet - This show has been described as representing a 'Ballet Symphony'. November 22nd - 24th at Lisbon Coliseum dos Recreios. November 27th Oporto Coliseum. Tickets: €12.50 - €37.50.

DECEMBER

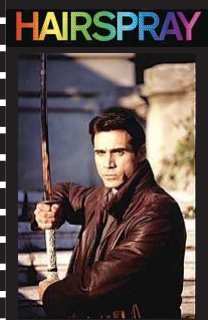
TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseum)



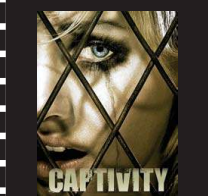
A Mighty Heart



Shark Bait



Highlander: The Source



NEXT



Ratatouille

ALGARVE

SBC
FORUMALGARVE
TEL: 289 887 212

20 SEP-26 SEP



1

A Mighty Heart

Angelina Jolie, Dan Futterman
14.20-16.50-19.20-21.50 (00.20 Fri & Sat)

Surf's Up

Animation PV
(10.15-12.20 Sat & Sun)

2

Next
Nicolas Cage, Julianne Moore

15.30-17.45-20.00-22.15 (00.25 Fri & Sat)

Shark Bait

Animation PV
(11.30 Sat & Sun) 13.30

3

Death at a Funeral

Matthew MacFadyen, Keeley Hawes
(12.25 Sat & Sun) 15.05-17.15-19.25-21.40 (23.50 Fri & Sat)

4

Superbad

Jonah Hill, Michael Cera
14.30-17.00-19.30-22.00 (00.30 Fri & Sat)

5

The Bourne Ultimatum

Matt Damon, Julia Stiles
13.45-16.20-18.55-21.30 (00.05 Fri & Sat)

6

I Now Pronounce You Chuck and Larry

Adam Sandler, Kevin James
14.15-16.55-19.35-22.10 (00.40 Fri & Sat)

7

Hairspray

John Travolta, Queen Latifah
13.30-16.05-18.45-21.20

Mr. Brooks

Kevin Costner, Demi Moore
(23.55 Fri & Sat)

8

Everyone's Hero

Animation PV
(11.00 Sat & Sun) 13.10

The Contract

John Cusack, Morgan Freeman
16.40-18.50-21.00 (23.10 Fri & Sat)

9

Ratatouille

Animation PV
(11.10 Sat & Sun) 13.40 (18.40 except Tue)

Le Diner de Cons

Jacques Villeret, Thierry Lhermitte
(19.15 Tue)

Jindabayne

Gabriel Byrne, Laura Linney
21.10 (23.45 Fri & Sat)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220

20 SEP-26 SEP



1

The Bourne Ultimatum

Matt Damon, Julia Stiles
14.20-16.40-19.10-21.40-00.10

2

Ratatouille

Animation PV
14.30-16.50-19.20

Vacancy

Kate Beckinsale, Luke Wilson
22.00-00.30

3

Shark Bait

Animation PV
14.10-16.00-17.55-19.50

Wedding Daze

Jason Biggs, Isla Fisher
21.50-00.20

4

I Now Pronounce You Chuck and Larry

Adam Sandler, Kevin James
13.50-16.20-18.50-21.20-23.50

5

Next

Nicolas Cage, Julianne Moore
14.00-16.30-19.00-21.30-00.00

6

Superbad

Jonah Hill, Michael Cera
13.40-16.10-18.40-21.10-23.40

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220

20 SEP-26 SEP



1

I Now Pronounce You Chuck and Larry

Adam Sandler, Kevin James
13.50-16.30-19.20-21.50-00.10

2

The Bourne Ultimatum

Matt Damon, Julia Stiles
13.35-16.50-19.15-21.30-00.20

3

Ratatouille - Animation PV

13.30-16.00-18.30-21.00

Ratatouille

Animation OV
23.30

4

Shark Bait

Animation PV
13.00-15.00-17.00-19.05

Mr. Brooks

Kevin Costner, Demi Moore
21.15-23.50

5

Hairspray

John Travolta, Queen Latifah
13.40-16.20-18.50-21.25-00.05

6

Next
Nicolas Cage, Julianne Moore
13.20-16.35-19.10-21.40-23.55

7

A Mighty Heart

Angelina Jolie, Dan Futterman
13.45-16.10-18.35-21.35-00.00

8

Superbad

Jonah Hill, Michael Cera
13.15-16.05-18.55-21.20-00.15

9

Turistas

Josh Duhamel, Melissa George
14.00-16.40-19.00-21.10-23.40

LUSOMUNDO
VILAMOURA
TEL: 289 302 277

20 SEP-26 SEP

The Bourne Ultimatum

Matt Damon, Julia Stiles
15.30-18.30-21.30

CENTRE

LUSOMUNDO
ALMADA FORUM
TEL: 707 246362

20 SEP-26 SEP

Next

Nicolas Cage, Julianne Moore

Superbad

Jonah Hill, Michael Cera

I Now Pronounce You Chuck and Larry

Adam Sandler, Kevin James

The Bourne Ultimatum

Matt Damon, Julia Stiles

Ratatouille

Animation OV & PV

License to Wed

Robin Williams, Mandy Moore

Death at a Funeral

Matthew MacFadyen, Keeley Hawes

O Capacete Dourado

Eduardo Frazão, Ana Moreira

The Contract

John Cusack, Morgan Freeman

Shark Bait

Animation PV

Vacancy

Kate Beckinsale, Luke Wilson

Goodbye Bafana

Dennis Haysbert, Joseph Fiennes

Highlander: The Search for Vengeance

Animation

Highlander: The Source

Adrian Paul, Thekla Reuten

Everyone's Hero - Animation PV

Captivity

Hairspray

John Travolta, Queen Latifah

MILLENNIUM
ALVALÁXIA
TEL: 21 754 9000

20 SEP-26 SEP



1

Goodbye Bafana

Dennis Haysbert, Joseph Fiennes

2

Superbad

Jonah Hill, Michael Cera

3

A Mighty Heart

Angelina Jolie, Dan Futterman

4

The Bourne Ultimatum

Matt Damon, Julia Stiles

5

I Now Pronounce You Chuck and Larry

Adam Sandler, Kevin James

License to Wed

Robin Williams, Mandy Moore

6

Death at a Funeral

Matthew MacFadyen, Keeley Hawes

7

Hairspray

John Travolta, Queen Latifah

8

Next

Nicolas Cage, Julianne Moore

9

Ratatouille

Animation PV

Hostel: Part II

Lauren German, Roger Bart

10

Surf's Up

Animation PV

Ratatouille

Animation OV

11

The Last Mimzy

Chris O'Neil, Rhiannon Leigh Wryn

A Casa Nostra

Luca Zingaretti, Valeria Golino

12

Vacancy

Kate Beckinsale, Luke Wilson

Mr. Brooks

Kevin Costner, Demi Moore

13

Harry Potter and the Order of the Phoenix

Daniel Radcliffe, Emma Watson

14

Death Proof

Kurt Russell, Rosario Dawson

15

Captivity

Elisha Cuthbert, Daniel Gillies

16

Wedding Daze

Jason Biggs, Isla Fisher

LUSOMUNDO
AMOREIRAS
TEL: 707 246362

20 SEP-26 SEP

The Bourne Ultimatum

Matt Damon, Julia Stiles

A Mighty Heart

Angelina Jolie, Dan Futterman

Shark Bait - Animation OV & PV

Wedding Daze

Jason Biggs, Isla Fisher

I Now Pronounce You Chuck and Larry

Adam Sandler, Kevin James

Ratatouille - Animation OV & PV

Hairspray

John Travolta, Queen Latifah

Goya's Ghosts

Natalie Portman, Javier Bardem

LUSOMUNDO
CASCAISHOPPING
TEL: 707 246362

20 SEP-26 SEP

Ratatouille

Animation PV

Hairspray

John Travolta, Queen Latifah

Shark Bait

Animation PV

The Contract

John Cusack, Morgan Freeman

A Mighty Heart

Angelina Jolie, Dan Futterman

Superbad

Jonah Hill, Michael Cera

The Bourne Ultimatum

Matt Damon, Julia Stiles

I Now Pronounce You Chuck and Larry

Adam Sandler, Kevin James

Goodbye Bafana

Dennis Haysbert, Joseph Fiennes

LUSOMUNDO
COLOMBO
TEL: 707 246362

20 SEP-26 SEP

A Mighty Heart

Angelina Jolie, Dan Futterman

Highlander: The Search for Vengeance

Animation

Highlander: The Source

Adrian Paul, Thekla Reuten

The Contract

John Cusack, Morgan Freeman

I Now Pronounce You Chuck and Larry

Adam Sandler, Kevin James

Superbad

Jonah Hill, Michael Cera

Shark Bait

Animation PV

Hairspray

John Travolta, Queen Latifah

Dhamaal

Sanjay Dutt, Kurush Deboo



THE BOURNE ULTIMATUM

Matt Damon returns as the trained assassin Jason Bourne for the latest showdown in *The Bourne Ultimatum*. In the follow-up to 2002's *The Bourne Identity* and 2004's *The Bourne Supremacy*, the smash hits that have earned over \$500 million at the global box office, acclaimed director Paul Greengrass (*United 93*, *The Bourne Supremacy*) joins returning cast members Julia Stiles and Joan Allen and new additions David Strathairn, Paddy Considine and Edgar Ramirez.

All he wanted was to disappear. Instead, Jason Bourne is now hunted by the people who made him what he is. Having lost his memory and the one person he loved, he is undeterred by the barrage of bullets and a new generation of highly-trained killers. Bourne has only one objective: to go back to the beginning and find out who he was. Now, in the new chapter of this espionage series, Bourne will hunt down his past in order to find a future. He must travel from Moscow, Paris, Madrid and London to Tangier and New York City as he continues his quest to find the real Jason Bourne, all the while trying to out-maneuvre the scores of cops, federal officers and Interpol agents with him in their crosshairs.

The Bourne Ultimatum was filmed in Morocco, Spain, France, the United Kingdom and the United States.



On the morning of their father's funeral, the family and friends of the deceased each arrive with his or her own roiling anxieties. Son Daniel (Matthew Macfayden) knows he will have

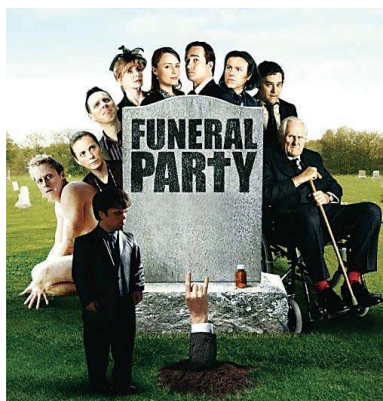
to face his flirty, blow-hard, famous-novelist brother Robert (Rupert Graves), who's just flown in from New York, not to mention the promises of a new life he's made to his wife Jane

(Keely Hawes). Meanwhile, Daniel's cousin Martha (Daisy Do-

novan) and her dependable new fiancé Simon (Alan Tudyk) are desperate to make a good impression on Martha's uptight father - a plan that literally goes out the window when Simon accidentally ingests a designer drug en route to the service, leaving him prone to uncontrollable bouts of delirium and nudity in front of his potential in-laws.

Then comes the real shocker: a mysterious guest (Peter

Dinklage), who threatens to unveil an earth-shattering family secret. As riotous mayhem and unfortunate mishaps ensue on every front, it is now up to the two brothers to hide the truth from their family and friends and figure out how to not only bury their dearly beloved, but the secret he's been keeping.



Superbad is a coming-of-age cautionary tale about two socially inept teenage boys about to graduate high school. Theirs is a ridiculously dependent friendship, but now, they've gotten into different colleges and are forced to contemplate life apart. Evan (Michael Cera) is



sweet, smart, and generally terrified. Seth (Jonah Hill) is foul-mouthed, volatile, and all-consumed with the opposite sex. This is the story of their misguided attempts to approach the objects of their affections in one panic-driven night...that awful, humiliating night you cherish for the rest of your life.



GOODBYE BAFANA

Based on the memoirs of NELSON MANDELA's prison guard

The drama *Goodbye Bafana* examines a South African prison guard, whose racist views change after watching over a prisoner named Nelson Mandela. The film is based on a true story and the book by James Gregory and Bob Graham. Joseph Fiennes, Dennis Haysbert and Diane Kruger star in the film directed by Bille August.

CELEB NEWS

Even as the **Matt Damon** spy flick *The Bourne Ultimatum* continued to show solid strength at the US box office in its seventh week, taking in \$4.2 million to bring its total domestic receipts to \$216.2 million, the film showed impressive staying power overseas as well. In its fourth week, *Bourne* still led the pack, earning \$20.8 million and bringing its foreign gross to \$122 million. Also performing solidly abroad was *The Simpsons Movie*, which came second with \$10.5 million, to raise its total gross to \$321 million overseas. **«««»»**

Zoe Saldana is to recreate **Nichelle Nichols'** iconic Lt. Uhura role in **J.J. Abrams'** upcoming *Star Trek* epic. The New Jersey-born actress, who played Anna Maria in *Pirates of The Caribbean: The Curse of the Black Pearl*, is the first woman to be added to the cast of the new sci-fi film. Nichols played Uhura in the original *Star Trek* series and reprised the character for the first six movies. She also made history with the character when her on-screen kiss with co-star **William Shatner's** Capt. Kirk became the first interracial TV smooch. Saldana joins *Heroes* star **Zachary Quinto**, who has signed on to play Spock, and **Anton Yelchin**, who will play Chekov. The original Mr. Spock, **Leonard Nimoy**, will also play a cameo in the much-anticipated film. **«««»»**

Lord Of The Rings star Sir **Ian McKellen** fought against playing tragic Shakespearean character King Lear onstage, because he feared the role would make him mad. The 68-year-old thespian has received rave reviews for his latest Royal Shakespeare Company role, but admits he worried the maddening part would be too much for him. He says, "It was one of those parts that I didn't want to play... I'd seen, at close quarters, two Lears and what it cost them (actors). You have to go full pelt at it, 100 percent, with every part of your make-up, at certain points of the evening. I worried for the health, if not the sanity, of the two actors that I was very close to... and I began to think, 'Was it really worth (it), ' to tell a story that is well known and which other actors have succeeded in.'" **«««»»**

The 43 tattoos **Viggo Mortensen** displays on his body in new film *Eastern Promises* were so authentic, Russians really thought he was a Mafia heavyweight. The *A History Of Violence* star, who plays a Russian mobster in the new thriller, spent four hours in the make-up chair having the skin art applied and he realized it was worth it when he saw the looks of terror on Soviet youths he met in a London pub. He recalls, "They were looking at my hands and suddenly stopped talking. It was right when the Alexander Litvinenko (former lieutenant colonel of the Russian Federation's Federal Security Service) poisoning happened in 2006, and I looked very shady. So I got up and left. They were probably freaked out." Mortensen reveals he travelled through Russia, met with real gangland bosses and meticulously studied the Mafia's tattoo art to make sure his latest character was as authentic as possible. **«««»»**

Canadian film director **David Cronenberg's** homecoming was a winning one, he scored the top prize at this year's Toronto International Film Festival. Cronenberg's new movie *Eastern Promises* was honoured with the People's Choice Award, which is elected by film fans. Festival director Piers Handling says, "It's great that it's a Canadian film by one of our monsters." Cronenberg was at the film's festival premiere with his leading man and lady **Viggo Mortensen** and **Naomi Watts**. **«««»»**

NORTH**UCICINEMAS
ARRÁBIDASHOPPING
TEL: 707 23 22 21
20 SEP-26 SEP**

- 1 **I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- 2 **Death at a Funeral**
Matthew MacFadyen, Keeley Hawes
- 3 **O Capacete Dourado**
Eduardo Frazão, Ana Moreira
- 4 **License to Wed**
Robin Williams, Mandy Moore
- 5 **Hairspray**
John Travolta, Queen Latifah
- 6 **John Travolta, Queen Latifah**
- 7 **2 Days in Paris**
Julie Delpy, Adam Goldberg
- 8 **Shark Bait**
Animation OV & PV
- Hostel: Part II**
Lauren German, Roger Bart
- 9 **Ratatouille**
Animation OV
- 10 **Goodbye Bafana**
Dennis Haysbert, Joseph Fiennes
- 11 **The Contract**
John Cusack, Morgan Freeman
- 12 **Next**
Nicolas Cage, Julianne Moore
- 13 **Ratatouille**
Animation PV
- 14 **Mr. Brooks**
Kevin Costner, Demi Moore
- 15 **The Bourne Ultimatum**
Matt Damon, Julia Stiles
- 16 **Superbad**
Jonah Hill, Michael Cera
- 17 **Goya's Ghosts**
Natalie Portman, Javier Bardem
- 18 **The Simpsons Movie**
Animation OV
- Vacancy**
Kate Beckinsale, Luke Wilson
- 19 **Captivity**
Elisha Cuthbert, Daniel Gillies
- 20 **A Mighty Heart**
Angelina Jolie, Dan Futterman

**LUSOMUNDO
DOLCEVITA COIMBRA
TEL: 707 246362
20 SEP-26 SEP**

- Superbad**
Jonah Hill, Michael Cera
- License to Wed**
Robin Williams, Mandy Moore
- Ratatouille**
Animation OV & PV
- Shark Bait**
Animation OV & PV
- The Simpsons Movie**
Animation OV
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- Captivity**
Elisha Cuthbert, Daniel Gillies
- Evan Almighty**
Steve Carell, Morgan Freeman
- The Kovak Box**
Tomothy Hutton, Lucia Jiménez
- O Capacete Dourado**
Eduardo Frazão, Ana Moreira
- Turistas**
Josh Duhamel, Melissa George
- Mr. Brooks**
Kevin Costner, Demi Moore

**LUSOMUNDO
DOLCEVITA DOURO
TEL: 707 246362
20 SEP-26 SEP**

The Bourne Ultimatum
Matt Damon, Julia Stiles

- O Capacete Dourado**
Eduardo Frazão, Ana Moreira
- Ratatouille**
Animation PV
- Turistas**
Josh Duhamel, Melissa George
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- Superbad**
Jonah Hill, Michael Cera
- Everyone's Hero**
Animation PV
- License to Wed**
Robin Williams, Mandy Moore
- Highlander: The Search for Vengeance**
Animation PV
- Highlander: The Source**
Adrian Paul, Thekla Reuten

**LUSOMUNDO
DOLCEVITA PORTO
TEL: 707 246362
20 SEP-26 SEP**

- The Bourne Ultimatum**
Matt Damon, Julia Stiles
- Ratatouille**
Animation PV
- The Kovak Box**
Tomothy Hutton, Lucia Jiménez
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- Next**
Nicolas Cage, Julianne Moore
- Hairspray**
John Travolta, Queen Latifah
- Everyone's Hero**
Animation PV
- License to Wed**
Robin Williams, Mandy Moore
- Highlander: The Search for Vengeance**
Animation PV
- Highlander: The Source**
Adrian Paul, Thekla Reuten

**LUSOMUNDO
FERRARA PLAZA
TEL: 707 246362
20 SEP-26 SEP**

- Highlander: The Search for Vengeance - Animation PV**
- Highlander: The Source**
Adrian Paul, Thekla Reuten
- The Bourne Ultimatum**
Matt Damon, Julia Stiles
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- Next**
Nicolas Cage, Julianne Moore

**LUSOMUNDO
FORUMAVEIRO
TEL: 707 246362
20 SEP-26 SEP**

- Goya's Ghosts**
Natalie Portman, Javier Bardem
- Ratatouille**
Animation PV
- Mr. Brooks**
Kevin Costner, Demi Moore
- Wedding Daze**
Jason Biggs, Isla Fisher
- Hairspray**
John Travolta, Queen Latifah
- Disturbia**
Shia LaBeouf, David Morse
- Shark Bait - Animation PV**
- Turistas**
Josh Duhamel, Melissa George
- Captivity**
Elisha Cuthbert, Daniel Gillies

**LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
20 SEP-26 SEP**

- Highlander: The Search for Vengeance**
Animation PV
- Highlander: The Source**
Adrian Paul, Thekla Reuten
- Ratatouille**
Animation PV
- Vacancy**
Kate Beckinsale, Luke Wilson
- Hairspray**
John Travolta, Queen Latifah
- Wedding Daze**
Jason Biggs, Isla Fisher
- The Bourne Ultimatum**
Matt Damon, Julia Stiles
- Next**
Nicolas Cage, Julianne Moore

**LUSOMUNDO
FORUMVISEU
TEL: 707 246362
20 SEP-26 SEP**

- Everyone's Hero**
Animation PV
- Next**
Nicolas Cage, Julianne Moore
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- The Bourne Ultimatum**
Matt Damon, Julia Stiles
- Ratatouille**
Animation PV
- Vacancy**
Kate Beckinsale, Luke Wilson
- Highlander: The Search for Vengeance**
Animation PV
- Highlander: The Source**
Adrian Paul, Thekla Reuten
- Superbad**
Jonah Hill, Michael Cera

**LUSOMUNDO
FORUMVIZELA
TEL: 707 246362
20 SEP-26 SEP**

- Wedding Daze**
Jason Biggs, Isla Fisher
- Ratatouille**
Animation PV
- License to Wed**
Robin Williams, Mandy Moore
- The Kovak Box**
Tomothy Hutton, Lucia Jiménez

**LUSOMUNDO
FOZ PLAZA
TEL: 707 246362
20 SEP-26 SEP**

- Highlander: The Search for Vengeance**
Animation PV
- Highlander: The Source**
Adrian Paul, Thekla Reuten
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- Ratatouille**
Animation PV
- Vacancy**
Kate Beckinsale, Luke Wilson
- The Bourne Ultimatum**
Matt Damon, Julia Stiles
- Next**
Nicolas Cage, Julianne Moore

**LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
20 SEP-26 SEP**

- Evan Almighty**
Steve Carell, Morgan Freeman
- The Kovak Box**
Tomothy Hutton, Lucia Jiménez
- Highlander: The Search for Vengeance**
Animation PV
- Highlander: The Source**
Adrian Paul, Thekla Reuten
- Superbad**
Jonah Hill, Michael Cera
- The Bourne Ultimatum**
Matt Damon, Julia Stiles
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- Next**
Nicolas Cage, Julianne Moore
- Shark Bait**
Animation OV & PV
- Vacancy**
Kate Beckinsale, Luke Wilson
- License to Wed**
Robin Williams, Mandy Moore
- Ratatouille - Animation OV & PV**

**LUSOMUNDO
GLICÍNIAS
TEL: 707 246362
20 SEP-26 SEP**

- Everyone's Hero**
Animation PV
- Next**
Nicolas Cage, Julianne Moore
- Highlander: The Search for Vengeance**
Animation PV
- Highlander: The Source**
Adrian Paul, Thekla Reuten
- Ratatouille**
Animation PV
- The Kovak Box**
Tomothy Hutton, Lucia Jiménez

- Superbad**
Jonah Hill, Michael Cera
- The Last Legion**
Colin Firth, Ben Kingsley
- Vacancy**
Kate Beckinsale, Luke Wilson
- The Bourne Ultimatum**
Matt Damon, Julia Stiles
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James

**LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
20 SEP-26 SEP**

- The Bourne Ultimatum**
Matt Damon, Julia Stiles
- Shark Bait**
Animation PV
- Next**
Nicolas Cage, Julianne Moore
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- Ratatouille**
Animation PV
- Vacancy**
Kate Beckinsale, Luke Wilson
- Wedding Daze**
Jason Biggs, Isla Fisher

**LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
20 SEP-26 SEP**

- Goya's Ghosts**
Natalie Portman, Javier Bardem
- Superbad**
Jonah Hill, Michael Cera
- The Bourne Ultimatum**
Matt Damon, Julia Stiles
- A Mighty Heart**
Angelina Jolie, Dan Futterman
- Shark Bait**
Animation PV
- Hairspray**
John Travolta, Queen Latifah
- Highlander: The Search for Vengeance**
Animation PV
- Highlander: The Source**
Adrian Paul, Thekla Reuten
- Death at a Funeral**
Matthew MacFadyen, Keeley Hawes
- Ratatouille**
Animation PV
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James

**LUSOMUNDO
PARQUENASCENTE
TEL: 707 246362
20 SEP-26 SEP**

- Next**
Nicolas Cage, Julianne Moore
- I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- The Bourne Ultimatum**
Matt Damon, Julia Stiles
- Superbad**
Jonah Hill, Michael Cera
- Death at a Funeral**
Matthew MacFadyen, Keeley Hawes
- Ratatouille**
Animation OV & PV
- Shark Bait**
Animation PV
- Mr. Brooks**
Kevin Costner, Demi Moore
- License to Wed**
Robin Williams, Mandy Moore
- Hairspray**
John Travolta, Queen Latifah
- Highlander: The Search for Vengeance**
Animation PV
- Highlander: The Source**
Adrian Paul, Thekla Reuten
- The Contract**
John Cusack, Morgan Freeman
- Evan Almighty**
Steve Carell, Morgan Freeman
- Turistas**
Josh Duhamel, Melissa George



OV = Original Version
PV = Portuguese Version

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen Best Bites. (T) 11.30 Rachel's Favourite Food for Living. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Live Davis Cup Tennis. Great Britain v Croatia. (T) 4.30 Final Score.

5.25 BBC News; Regional News; Weather. (T) 5.45 Out-Take TV. The best and worst bits of the Weakest Link. (T)

6.15 A Question of Sport. With Portsmouth footballer Matt Taylor, England cricketer Matthew Hoggard, Olympic rowing champion James Cracknell and world athletics 400m bronze medalist Nicola Sanders. (T) The World's Greatest Elvis. New series. Thirty Elvis Presley tribute artists compete. More at 9.30pm. (T)

7.50 The National Lottery: In It to Win It. New series. Dale Winton hosts the quiz show in which five contestants answer questions to scoop a big prize - but one wrong response could lose them their share of the loot. Brian Conlon presents the all-important Lotto, Dream Number and Thunderball draws. (T)

8.40 Casually. Holly Ed comes under investigation for its handling of the bombing, with Tess, Charlie and Nathan's roles scrutinised. Matters worsen when the hospital receives unflattering headlines and rumours circulate when it becomes clear the papers have got their information from an inside source. Guppy attempts to bring Harry back from Westminster, while the team struggle to find a bed for an elderly patient. (T)

9.30 The World's Greatest Elvis. Vernon Kay reveals the winners of the last two specialist categories - Jumpsuit Elvis and Aloha Elvis. Those who are successful will go through to next week's final in which the accolade of World's Greatest Elvis will be awarded to one lucky contestant. (T) 10.10 BBC News; Weather; (T) National Lottery Update.

10.30 Match of the Day. Gary Lineker introduces highlights of this afternoon's Premier League matches, including Arsenal v Derby County, as the Gunners look to continue their excellent start to the season against a side struggling to make an impact in the top flight. Plus, action from Wigan Athletic's trip to the Madejski Stadium to play Reading and the match at Anfield between Liverpool and Birmingham City. (T)

11.40 FILM: Snake Eyes (1998). Thriller, starring Nicolas Cage. (T)

1.15 Friday Night with Jonathan Ross; (R) (T) Weathering. 2.20 BBC News 24. (T) 5.45 Live MotoGP. Coverage of the Japanese Grand Prix. (T)



BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 Dennis the Menace. (R) (T) 7.50 Watch My Chops. (R) (T) 8.00 Hider in the House. (R) (T) 9.00 TMI. (T) 10.30 The Sorcerer's Apprentice. (R) (T) 10.55 The Story of Tracy Beaker. (R) (T) 11.25 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 Animal Park. (T) 12.30 Film 2007 with Jonathan Ross. (R) (T) 1.00 Abroad Again in Britain. (R) (T) 2.00 Live Golf: British Masters. The third day's play at the Belfry. (T) 6.30 Wildlife on Two. (R) (T) 7.00 The Blue Planet. A journey to the depths of the ocean. (R) (T) 8.00 Porridge. Betting fever sweeps the prison. (R) (T) 8.30 Michael Palin's New Europe. The traveller visits nations within the former Eastern Bloc, beginning with Croatia, Bosnia and Serbia. He witnesses the effects of the massive economic changes that have taken place since the fall of the Iron Curtain. (R) (T) 9.30 Nureyev - From Russia with Love. The dancer's early career in Russia. (T) 11.00 QI. (R) (T) 11.30 Tribe. The Layan people of the isolated kingdom of Bhutan. (R) (T) 12.30 Women's World Cup Football. (T) 1.15 Family Guy. Peter and Lois decide to have another baby. (R) (T) 1.40 Family Guy. (R) (T) 2.00 FILM: This Is Elvis (1981). Documentary biopic, starring David Scott. (T) 3.40 Close.

Pick of the Day

The World's Greatest Elvis (BBC1, 6.55pm)

You might have expected the Beeb to broadcast some Elvis Presley-themed programmes during the week marking the 30th anniversary of his death. However, it seems those in charge of scheduling aren't the types to do what's obvious so, instead of being treated to this show back in mid-August, when everybody else was celebrating his life, it's being broadcast now. Here's hoping it's worth the wait. The show is hosted by Vernon Kay who was, apparently, named after Presley's dad, and is a huge fan, so is the perfect person to trawl the world in search of the best Elvis tribute act. He begins by hitting the road and journeying to Blackpool, which isn't too far from his native Burnley. The best Blighty has to offer strut their stuff, before Vernon moves on to Bad Nauheim in Germany, where Elvis was stationed during his national service. No search would be complete without a trip to Las Vegas - the Mecca for all self-respecting fans of the King. Vernon can't help impersonating his idol during a performance at the Elvis Wedding Chapel - here's hoping the bride and groom aren't disappointed. Our host then whittles down the contenders to 30, who'll be invited back to London next week, when they'll perform live in the hope of being crowned World's Greatest Elvis.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: One Tree Hill. (T) 9.50 T4: Run, Fat Boy, Run: T4 Movie Special. (R) 10.25 T4: Transmission. (R) 10.55 T4: Friends. (R) (T) 11.25 T4: Friends. (R) (T) 12.00 T4: Foo Fighters at the V Festival. (T) 1.00 T4: Charmed. (R) (T) 2.00 Channel 4 Racing from Newbury, Ayr and Newmarket. Including the 3.30 totespot Ayr Gold Cup (H'cap) (6f). (T) 4.10 Red Bull Air Race 2007. (T) 5.10 FILM: The Return of the Pink Panther (1974). Crime comedy, starring Peter Sellers. (T) 7.15 Channel 4 News. (T) 7.45 Deal or No Deal. Noel Edmonds hosts the game show in which contestants try to guess the contents of mystery boxes. (T) 8.30 Deadliest Catch. The Retriever's crew attempt to put out an electrical fire in the boat's engine room, while the rest of the fleet continue to enjoy unseasonably warm weather and calm seas. (T) 9.30 FILM: The Manchurian Candidate (2004). Premiere. A Gulf War veteran is haunted by nightmares - but his efforts to get to the root of the problem leave him racing against time. Exhilarating thriller, starring Denzel Washington. (T) 11.55 4Music: Foo Fighters at the V Festival. (R) (T) 1.00 4Music: Peace One Day Concert. 2.00 Making the Monkees. (R) (T) 3.00 4Music: Dubble Drama. (R) (T) 3.25 4Music: Transmission. (R) 4.25 Dispatches: Unholy War. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake! Hi-5. (R) (T) 7.25 Beth Meets Hi-5. (R) (T) 7.35 Rupert Bear. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 Fifi and the Flowerbots. (R) (T) 9.30 Franklin. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 David Beckham's Soccer USA. (R) (T) 11.30 Football Italiano Highlights. (T) 12.00 FILM: American Gun (2002). Drama, starring James Coburn. (T) 1.30 FILM: Columbo: The Bye-Bye Sky-High IQ Murder Case (1977). Drama, starring Peter Falk. 3.00 FILM: Hart to Hart: Home Is Where the Hart Is (1994). Mystery, starring Robert Wagner. (T) 4.50 FILM: Fairytale: A True Story (1997). Fact-based drama, with Harvey Keitel. (T) 6.40 FILM: The Tomorrow Man (1996). A creature from the future travels back in time to Earth to help test a new hi-tech rocket. Light-hearted sci-fi thriller, starring Julian Sands and Giancarlo Esposito. (T) 8.15 five news and sport. (T) 8.35 NCIS: Tony is accused of murdering a woman, so the team strive to prove his innocence despite all evidence pointing to him as the culprit. (R) (T) 9.30 CSI: Crime Scene Investigation. The team investigate when a man incriminates himself in the death of his wife, while Grissom discovers the "miniature" serial killer has struck for a third time. (R) (T) 10.30 Law & Order: Special Victims Unit. (T) 11.30 Criminal Minds. (R) (T) 12.30 Quiz Call. 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Planet Sketch. (T) 9.50 My Parents Are Aliens. (R) (T) 10.20 My Parents Are Aliens. (R) (T) 10.50 Saturday Cooks! (T) 12.20 ITV News and Weather. (T) 12.25 London Today; Weather. (T) 12.30 Live Rugby World Cup 2007. South Africa v Tonga (Kick-off 1.00pm). (T) 2.45 Live Rugby World Cup 2007. England v Samoa (Kick-off 3.00pm). (T)

5.25 London Tonight; Weather. (T)

5.40 ITV News and Sport; Weather. (T)

5.55 All-New You've Been Framed! A selection of camcorder calamities, narrated by Harry Hill, including a Jedi who has an accident with his lightsaber. (T)

6.25 The X Factor. Judges Simon Cowell, Louis Walsh, Sharon Osbourne and Dannii Minogue take their last trip around the UK for the final round of auditions. (T)

7.25 Ant & Dec's Saturday Night Takeaway. Justin Lee Collins and Alan Carr battle Ant and Dec in Beat the Boys, Lionel Richie performs a classic track live in the studio, and Jenni Falconer is the celebrity 'arrow' helping viewers Grab the Ads. Also joining the duo is another A-list personality to be the star guest announcer. (T)

8.40 Who Wants to Be a Millionaire? Celebrity. Former tabloid editor and writer Piers Morgan is in the hotseat with Newsnight presenter Emily Maitlis. Also contending is TV presenter Vanessa Feltz with her fiancée, musician, Ben Ofsted. Chris Tarrant presents the last of the charity specials where celebrity pairs try to answer questions correctly in order to raise money for their chosen charities. (T)

9.40 Elton John: Me, Myself & I. The veteran pop superstar leads a journey through some of the most influential and intimate moments of his life. Using cutting-edge special effects he is able to drop in on some of his most memorable moments, re-experiencing the highs and the lows, ending with his fulfilled life today with partner David Furnish. (T)

11.10 ITV News and Weather; Weather. (T) 11.20 Parkinson. The veteran broadcaster talks to Atonement actor James McAvoy and actress Billie Piper on her role in Secret Diary of a Call Girl. Jennifer Lopez performs in the studio. (T) 12.20 Take That Video Exclusive. (T) 12.30 Glitterball; (T) ITV News Headlines. 4.10 Antiques Auction. (R) (T) 4.40 Antiques Auction. (R) (T) 5.00 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Brinca Comigo 0935 Planeta Prodioso 1035 Segredos da Natureza 1135 Mudar de Vida 1300 News 1410 Top + 1530 Unidade Especial 1700 N+os Somos o 12º Jogador 1910 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 0015 La Mala Educacion, film 0445 Teleales

RTP2

0700 Euronews 1000 África 7 Dias 1030 Noticias de Portugal 1130 Palco: Rodrigo Leao, João, Xaile 1250 Bastidores 1315 The Simpsons 1335 Entre Pratos 1400 National Geographic 1500 Sport 1900 Gente da Cidade 1930 A Princesa Mononoke 2145 A Hora da Sorte 2200 News 2240 Anything Else, film Sogni D'Oro, films 0200 Sport 0600 Euro News

SIC

0700 Sic Kids 0845 Disney Kids 1200 Our World 1300 News 1400 Estate 1700 CSI Miami 1800 Film TBA 2000 News 2130 Paraíso Tropical 2230 Amazônia 2330 Vingança 0030 Iron Eagle III, film 0215 Quando o Telefone Toca

TVI

0700 Children TV 0900 Morangos com Açúcar 1045 O Bando dos Quatro 1215 Deluxe 1300 News 1400 News Escolhidos 1600 Film TBA 1800 Film 2000 News 0030 Fear.com, film 0345 Dragon Heart, a New Beginning, film 0530 Teleales

BBC3

0.00 Pranks Galore! 7.25 Top Gear 8.25 Film: Meet the Parents 12 (2000) 10.10 The Most Annoying TV - We Hate to Love 12.40 Help! I Smell of Fish 1.40 The Real Hustle 2.10 The Most Annoying TV - We Hate to Love 4.40 Close

BBC4

7.00 Timeshift: Prime Ministers 9.00 The Thick of It Special: Spinners and Losers 10.00 The Screen Guide to TV 10.30 Flight of the Conchords Special: One Night Stand 11.00 Film: Romeo and Juliet U (1966) 1.00 The Secret Life of the Motorway 2.00 Atom 3.00 The Thick of It Special: Spinners and Losers 4.00 Close

ITV2

2.35 Holiday Showdown 3.35 Film: Groundhog Day PG (1993) 5.35 The New Adventures of Superman 6.35 Nanny 9.11 7.30 Australian Princess 8.30 Take That Video Exclusive 8.40 The Xtra Factor 9.40 Jack Osbourne - Adrenaline Junkie 10.40 Film: The Naked Gun: From the Files of Police Squad! 15 (1988) 12.20 The X Factor 1.25 The Xtra Factor 2.20 Glitterball: ITV Play 3.50 Emeraldale 6.00 Close

Sky One

2.00 Brainiac: Science Abuse 3.00 Brainiac: Science Abuse 4.00 Lost 5.00 Lost 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The

Simpsons 8.00 Brainiac:

Science Abuse 9.00 Bones 10.00 Film: Croc (2006) 11.40 Death Proof Special 12.10 Surviving 1.10 Cold Case 2.10 Buffy the Vampire Slayer 3.05 America's Dumbest Criminals 3.30 Crash Test Dummies 4.20 Vroom Vroom Overdrive 5.10 Taste UKTV Gold 1.00 Doctor Who 2.00 Doctor Who 3.00 Doctor Who 4.00 Doctor Who 5.00 Doctor Who 6.00 Doctor Who 7.00 The Ruby in the Smoke 9.00 Film: First Knight PG (1995) 11.30 Little Britain 12.10 Two Pints of Lager and a Packet of Crisps 12.50 Doctor Who 1.50 Film: The Long Riders 18 (1980) 3.40 Dallas 4.20 Dallas 5.10 Fantasy Island

TCM

1.00 That's Dancing! U (1985) 3.00 Green Mansions U (1959) 4.55 Clash of the Titans PG (1981) 7.00 The Cincinnati Kid PG (1965) 9.00 The Dead Pool 18 (1988) 10.40 Poltergeist 15 (1982) 12.40 The Night Digger 15 (1971) 2.45 Teleshopping 3.00 Fire Down Below PG (1956)

The Disney Channel

Kids' programmes from 7am, except: 3.00 Film: High School Musical 2 U (2007) Comedy sequel, starring Zac Efron. 8.00 Film: High School Musical 2: Play Your Part U (2007) Comedy sequel, starring Zac Efron.

Sky Movies Drama

6.35 Hockey Mom PG (2003) 8.15 A Father's Son PG (1999) 10.00 Lackawanna Blues 12 (2005) 11.45 No Way Out 15 (1987) With Kevin Costner. 1.45 The Constant Gardener 15 (2005) With Ralph Fiennes. 3.55 Hockey Mom PG (2003) With Jessalyn Gilsig. 5.40 Rent 12 (2005) With Rosario Dawson. 8.00 The Constant Gardener 15 (2005) With Ralph Fiennes. 10.10 No Way Out 15 (1987) With Kevin Costner. 12.10 Rent 12 (2005) With Rosario Dawson. 2.25 The Temptations 4.10 A Father's Son PG (1999)

Sky Movies Comedy

6.45 Home Team PG (1998) 8.30 Princess Caraboo PG (1994) 10.15 The Air Up There PG (1994) 12.15 Home Team PG (1998) With Steve Guttenberg. 2.00 The Wedding Singer 12 (1998) With Adam Sandler. 3.45 The Birdcage 15 (1996) With Robin Williams. 5.45 Princess Caraboo PG (1994) With Phoebe Cates. 7.30 Kenny Special 8.00 The Wedding Singer 12 (1998) With Adam Sandler. 9.45 The Longest Yard 12 (2005) With Adam Sandler. 11.45 I Now Pronounce You Chuck and Larry Special 12.05 The Birdcage 15 (1996) With Robin Williams. 2.05 Bad Manners 15 (1997) With David Strathairn. 3.40 Life

15 (1999) 5.30 The Air Up There PG (1994)

Sky Movies Action

6.00 Chill Factor 15 (1999) 7.45 Cotton Comes to Harlem 15 (1970) 8.25 Batman Begins 12 (2005) 11.45 Stealth 12 (2005) With Jamie Foxx. 1.50 Four Brothers 15 (2005) With Mark Wahlberg. 3.40 Derailed 15 (2005) With Jennifer Aniston. 5.30 Cotton Comes to Harlem 15 (1970) With Godfrey Cambridge. 7.10 Lone Wolf McQuade 18 (1983) With Chuck Norris. 9.00 Stealth 12 (2005) With Jamie Foxx. 11.05 Four Brothers 15 (2005) With Mark Wahlberg. 1.05 Lone Wolf McQuade 18 (1983) With Chuck Norris. 2.55 Turbulence 18 (1997) With Ray Liotta. 4.40 Volcano: Fire on the Mountain PG (1997)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broad-

cast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football League. Cardiff City v Preston North End (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Ipswich Town v Coventry City (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Spanish Football 2.45 You're on Sky Sports! 3.40 Twenty20 World Championship Cricket 5.40 U Can Do It 5.45 Sky Sports Classics

Sky Sports 2

6.00 Rally World 6.30 Live Rugby Union. Hawke's Bay v Waikato 8.30 Live Rugby Union. North Harbour v Bay of Plenty 10.30 Live Cricket. Surrey v Lancashire 11.30 Live Twenty20 World Championship Cricket 4.00 Live Twenty20 World Championship Cricket 8.00 Champions League Weekly 8.30 Live Spanish Football 11.00 NFL: Playoff 12.00 Davis Cup Tennis 2.00 Rugby Union 4.00 Rugby Union

Sky Sports 3

6.00 Sports Unlimited 7.00 Friday Night Night 9.00 NFL: Total Access 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Friday Night Night 3.00 WWE: Smackdown 5.00 Live Rugby Union. Harlequins v Leeds Carnegie 7.00 Live Super League. Hull FC v Huddersfield Giants (Kick-off 7.00pm). 9.00 Live Cage

Rage. James Zikic v Vitor Belfort. 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Cage Rage 5.00 Max Power

British Eurosport

5.00 Live MotoGP. The Japanese Grand Prix 125cc qualifying session. 5.45 Live MotoGP. The Japanese Grand Prix MotoGP qualifying session. 7.00 Live MotoGP 7.45 Eurosport Buzz 8.15 WTA Tennis 9.15 UEFA Cup Football 10.00 Live Women's International Football 12.00 Live Motor Racing. The International Formula Masters event from Brands Hatch. 1.00 Live Women's International Football. The second World Cup quarter-final 3.00 Live Cycling: Vuelta Espana. The 20th stage of the Tour of Spain. 4.45 Athletics 6.00 Eurosport Buzz 6.30 Canoeing 7.00 MotoGP 7.45 Weightlifting 9.00 Show Jumping 10.00 Cycling: Vuelta Espana 10.45 MotoGP 11.45 Equestrian 12.45 News Report 1.00 Close 2.45 Live MotoGP 4.00 Live MotoGP

Sky Sports Xtra

6.00 NFL Weekly Review 6.30 Tight Lines 7.30 NFL Weekly Review 8.00 NFL: America's Game 9.00 Moto Plus 9.30 Super League 11.30 Racing News 12.00 Max Power 1.00 NFL: Total Access 2.00 Moto Plus 2.30 Rally World 3.00 Live Davis Cup Tennis. Sweden v USA. 6.00 Live Speedway. The Slovenia Grand Prix. 9.00 Golf Night 10.30 Twenty20 World Championship Cricket 12.30 Rugby Union 2.00 Golf Night 3.30 Spanish Football 5.00 World Sport 5.30 Rally World

Algarve Removals

Transportation of cars, boats & motorbikes
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BBC1

7.00 Breakfast. (T) 7.45 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 'Allo 'Allo! (R) (T) 1.35 Keeping Up Appearances. (R) (T) 2.05 EastEnders. (T) 4.00 Dancing with the Stars. (T)

5.30 Songs of Praise. Pam Rhodes visits North Cornwall's Morwenston on the trail of the Victorian vicar Robert Hawker, who began the modern British tradition of celebrating Harvest Festivals in churches. (T)

6.05 BBC News; Regional News; Weather. (T)

6.30 Last of the Summer Wine. A man believes he has been cursed. Last in series. (T)

7.00 14 Up 2000. Part two of two. Update on a group of children from all over the UK who shared their ambitions in 2000 at the age of seven. Now that they have reached the age of 14 years old, the programme finds out how their lives and aspirations have changed, and if their Britain now seems different from their teenage perspective. (T)

8.00 Antiques Roadshow. Michael Aspel presents from a working Victorian pottery in Middleport, Staffordshire, where the experts view a portrait of William Gladstone that was thought to have been lost, a pendant worth considerably more than its 50p purchase price, and a pair of small rice bowls. (T)

9.00 Michael Palin's New Europe. The presenter joins the mystical White Brotherhood sect in Bulgaria's Rila Mountains and travels to Sofia, where he meets a transvestite singer who has become an unlikely Balkan superstar. He then heads to the Asian side of Istanbul, where he learns belly dancing and discovers how many people in the country now consider themselves to be European. Michael also marvels at a camel wrestling festival and visits a converted rock monastery. (T)

10.00 BBC News; Weather. (T)

10.20 Medium. Joe returns to the office for the first time since the hostage ordeal. Allison has a dream that reveals the killer of a teenage girl whose body was found in a freezer, but her visions conflict with the official police theory. Drama, starring Patricia Arquette and Jake Webber. (T)

11.00 FILM: Arachnophobia (1990). Comedy horror, starring Jeff Daniels; (T) Weatherview.

12.45 Sign Zone: Michael Wood: The Story of India. (R) (T) 1.45 Sign Zone: Holby City. (R) (T) 2.45 Sign Zone: Grandad's Back in Business. (R) (T) 3.45 Sign Zone: Real Men. (R) (T) 4.15 Sign Zone: Vet Safari. (R) (T) 4.45 BBC News 24. (T)



BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.20 Pitt & Kantrop. (R) (T) 7.45 Pinky and the Brain. (R) (T) 8.05 The Basil Brush Show. (R) (T) 8.30 SMART. Making art in the Yorkshire Dales. (T) 9.30 Prank Patrol. (R) (T) 10.00 Something for the Weekend. (T) 11.30 Live Davis Cup Tennis. Great Britain v Croatia. (T) 12.30 MotoGP. 1.30 Rugby League. (T) 2.00 Live Golf: British Masters. The final day's play at the Belfry. (T) 6.00 The Blue Planet. (R) (T) 7.00 Ray Mears' Wild Food. The foods available on the British coastline in the Stone Age. (R) (T) 8.00 Everest: Doctors in the Death Zone. Part one of two. A team of climbing doctors embark on a scientific expedition to Mount Everest, the results of which could help revolutionise the treatment of patients in intensive care. (T) 9.00 Stuart: A Life Backwards. Adaptation of Alexander Masters' acclaimed biography of a homeless alcoholic with whom he struck up an unlikely friendship, telling the story of the man's violent and troubled past. (T) 10.30 Match of the Day 2. Highlights of today's Premier League games. (T) 11.50 Heroes. A flashback to when the heroes first discovered their powers. (R) (T) 12.35 Women's World Cup Football. (T) 1.15 BBC News 24. (T) 4.45 Close.

Pick of the Day

Stuart: A Life Backwards (BBC2, 9pm)

Alexander Masters is a writer who, while working for a charity, met Stuart Shorter, a homeless alcoholic with a violent past. The pair became unlikely friends, and as Stuart recounted his remarkable tale, Alexander realised it would make a great story and asked permission to write it. Stuart agreed, but advised him to tell his story backwards, so it would be "more exciting, like a Tom Clancy murder mystery". A Whitbread prize-winning book followed, and now Alexander has turned it into a screenplay. For those unfamiliar with the story, it begins with Stuart as an adult and, as he'd hoped, delves back into his past, revealing how a disability, a troubled childhood and schooling affected his life. From that description, you can probably guess that Stuart's biography isn't exactly full of laughs, but it is a poignant, moving tale featuring moments of wry humour. "Stuart: A Life Backwards is an exceptional and unique memoir and I am confident that, with the help of a truly first-rate cast, the biography's astonishing cocktail of violence, humour and tragic loss will be recreated magnificently on screen," says Julie Gardner, head of drama for BBC Wales. Benedict Cumberbatch and Tom Hardy star.

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 British GT Championship. 8.00 The UK School Games. 8.55 T4: The OC. (R) (T) 9.55 T4: Hollyoaks. (T) 12.25 T4: Friends. (R) (T) 1.00 T4: Live Music Awards 2007. (R) (T) 2.05 T4: Friends. (R) (T) 2.40 T4: Friends. Ross flirts with a pizza-delivery woman. (R) (T) 3.10 T4: Smallville. (T) 4.10 T4: The Simpsons. (R) (T) 4.40 T4: The Simpsons. (R) (T) 5.15 Grand Designs. (R) (T) 6.15 Grand Designs: Trade Secrets. (T) 6.45 Channel 4 News. (T) 7.00 The Great African Scandal. Academic Robert Beckford visits Ghana to investigate the hidden costs of rice, chocolate and gold and why a country so rich in natural resources is one of the poorest in the world. (T) 8.00 FILM: Crouching Tiger, Hidden Dragon (2000). A legendary warrior hangs up his sword - but his vow to live peacefully is threatened when the weapon is stolen. Oscar-winning martial arts thriller, starring Chow Yun-Fat. (T) 10.10 FILM: How to Lose a Guy in 10 Days (2002). A journalist tries to show how women put prospective partners off - little realising her "guinea pig" has a hidden agenda. Romantic comedy, starring Kate Hudson. (T) 12.15 4Music: Foo Fighters: Live in Hollywood. 1.25 4Music: 4Play: The Fray. 1.35 4Music: 4Play: Two Gallants. (T) 1.50 FILM: Omkara. Premiere. Musical drama, starring Ajay Devgan. (T) 4.25 Smallville. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 When I Grow Up. (R) (T) 6.30 Thomas & Friends. (R) (T) 6.40 Big School. (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Hi-5. (R) (T) 7.40 Rupert Bear. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 9.00 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 Fifi and the Flowertots. (R) (T) 9.30 Franklin. (R) (T) 10.00 House Doctor: Designs for Living. (R) (T) 11.00 House Doctor: Designs for Living. (R) (T) 12.05 Great Artists. (R) (T) 12.40 The Tropical Giant: Great Ocean Adventure. (R) (T) 1.30 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.20 Dangerman. (R) (T) 5.10 five news and sport. (T) 5.25 FILM: Superman (1978). Fantasy adventure, starring Christopher Reeve. Includes five news update at 6.20. (T) 8.00 FILM: Hellboy (2004). Premiere. When a Nazi experiment backfires, a demon is left behind on Earth and a US government agency puts him to use in the battle for good against evil. Action fantasy, starring Ron Perlman and Selma Blair. Includes five news update at 8.55pm. (T) 10.15 FILM: Lethal Weapon 4 (1997). Mismatched cop duo Mel Gibson and Danny Glover return to the screen, this time investigating a Chinese triad gang. Action adventure, with Rene Russo. (T) 12.45 Major League Baseball. Live coverage of another top game. (T) 3.45 Kickboxing: Now Is the Time - Night of Combat. 4.35 Major League Soccer.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 10.25 CITV: Planet Sketch. 10.30 Pocoyo. (T) 10.40 Jim Jam & Sunny. (T) 11.00 The Championship. (T) 12.00 Sunday Edition. (T) 12.55 London Today; Weather. (T) 1.00 Live Rugby World Cup 2007. Australia v Fiji (Kick-off 1.30pm). (T) 3.30 Live Rugby World Cup 2007. Scotland v New Zealand (Kick-off 4.00pm). (T)

6.00 The Unforgettable Arthur Lowe. Tribute to the versatile comedy actor, best remembered as the pompous Captain Mainwaring in Dad's Army. Featuring contributions from Bill Pertwee and Malcolm McDowell. (R) (T)

6.25 London Tonight; Weather. (T)

6.40 ITV News and Weather. (T)

7.00 Emmerdale Family Album. The life and times of the soap's founding family the Sugdens, who started out in 1972 as a stable farming clan. Under the rule of matriarch Annie, they ran Emmerdale Farm and rarely faced a greater dilemma than a broken-down tractor - but have more recently gone through the drama of deaths, teenage pregnancy and numerous affairs. Actor Clive Hornby, who has played Jack since 1980, discusses his character's eventful life, which has seen him become a novelist, bury two wives and endure the trauma of being accidentally shot by his adopted son. Elizabeth Estensen (Diane), Sammy Winward (Katie) and Kelvin Fletcher (Andy) also talk about the highlights and pitfalls of life in the village. (R) (T)

7.30 Coronation Street. An apprehensive David returns home to collect his belongings, and Agnail makes it clear he's not welcome any more. Hayley tells Becky she has decided to come clean with Christian. (T)

8.00 The Royal. A patient is admitted with a fever and a swollen arm covered in black lesions, but Mike is nowhere to be seen. Blood tests confirm a case of anthrax, prompting an investigation. (T)

9.00 Agatha Christie's Marple. While holidaying at the plush Bertram's Hotel in London, Miss Marple is presented with a fresh mystery to solve when the reading of a will leads to murder. Geraldine McEwan stars. (T)

11.00 ITV News and Weather; Weather. (T)

11.10 The South Bank Show. Melvyn Bragg presents a profile of American journalist, essayist and novelist Joan Didion, focusing on her account of grief and mourning following the death of her husband. (T)

12.15 The Way We Worshipped. (R) (T) 12.45 Essentials of Faith. (R) (T) 1.10 Motorsport UK. (T) 1.40 FILM: That'll Be the Day (1973). Rock 'n' roll drama, starring David Essex; (T) ITV News Headlines. 3.15 The Jeremy Kyle Show. (R) (T) 4.10 ITV Nightscare.

LOCAL

RTP1

0630 Brinca Comigo 0900 Criar um Urso Negro Bebê 1000 Domínical Eucaristia 1100 Centro de Saúde 1130 Em Reportagem 1145 Os Lugares mais Fantásticos 1230 Mr Bean 1300 News 1415 Só Visto 1515 Sobre Natural 1845 Conta-me Como Foi 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Gato Fedorento 2230 Il Postino 0040 Brutti, Sporchi e Cattive, film 0400 Teleales

RTP2

0700 Euronews 0730 Músicas de África 0830 África@global 0900 Caminhos 0930 70x7 1000 Nós 1100 Indisciplinas 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 The Simpsons 1330 Bombordo 1400 Discovery Hour 1900 Arte & Emoção 1930 Diga lá Excelência 2030 The Simpsons 2100 Entre Pratos 2130 A Alma e Gente 2200 News 2240 Câmaras Clara 2330 Britcom 0030 Onda Curta 0130 Parlamento 0200 A Alma e a Gente 0230 Euronews 0245 Sport 0600 Euronews

SIC

0700 Floribella 0830 Sic Kids 1100 Fátima 1300 News 1700 CSI Miami 1800 Film TBA 2000 News 2115 Reportagem SIC 2145 Família Superstar 2245 Praiso Trocado 2330 Hora H 0015 CSI Las Vegas 0115 Scorpion Spring, film 0300 Quando o Telefone Toca 0440 O Bairro da Fonte

TV

0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Olívio Dia 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1630 Film TBA 1845 O Prego Certo 1945 A Voz do Cidadão 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Dose Fugitiva 0130 Deadman On Campus, film 0215 Toca a Ganhar 0330 O Escritório 0400 Film TBA 0500 Teleales

Best of the Rest

BBC3

7.00 Film: What Women Want 12 (2000) 9.00 Drop Dead Gorgeous 10.00 The Most Annoying TV - We Hate to Love 12.30 Drop Dead Gorgeous 1.25 Under 18 and Under the Knife 2.25 Spendaholics 2.55 Spendaholics 3.20 The Real Hustle 3.50 Close

BBC4

7.00 Happy Birthday Wullie! 7.30 Wainwright Walks 8.00 Comics Britannia 9.00 Everest ER 10.00 In Search of Moebius - Jean Giraud 10.50 Film: Tron PG (1982) 12.50 Tight Spot: Stuck 2.20 Timeshift: Prime Ministers 2.50 Wainwright Walks 3.20 Everest ER 4.20 Close

ITV2

2.15 Film: Groundhog Day PG (1993) 4.10 Coronation Street 7.00 The X Factor 8.00 The Xtra Factor 9.00 Jack Osbourne - Adrenaline Junkie 10.00 Film: Passenger 57 15 (1992) 11.40 Coronation Street 12.10 Jack Osbourne - Adrenaline Junkie 1.10 The X Factor 2.10 The Xtra Factor 3.05 The New Adventures of Superman 4.00 Teleshopping 6.00 Close

Sky One

1.00 Premier League All Stars: Road to Glory 2.00 Project Runway 3.00 A Town Called Eureka 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Premier League All Stars 10.00 Prison Break: Access

All Areas 10.30 Road Wars

11.30 Lovespring International 12.00 Ross Kemp on Gangs 1.00 America's Dumbest Criminals 1.25 Premier League All Stars - Extra Time 2.25 Pop Years 3.15 Futurama: Welcome to the World of Tomorrow 3.30 Crash Test Dummies 4.20 Dinastio 5.10 Tatie

UKTV Gold

1.10 Only Fools and Horses 1.50 Only Fools and Horses 2.30 Film: First Knight PG (1995) 5.00 The Blue Planet 6.00 Coast 7.00 Only Fools and Horses 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Dalziel & Pascoe 10.50 Only Fools and Horses 11.30 Only Fools and Horses 12.10 One Foot in the Grave 1.00 The Royle Family 1.35 Two Pints of Lager and a Packet of Crisps 2.05 One Foot in the Grave 2.45 Dallas 3.35 Dallas 4.25 Charlie's Angels 5.15 Alistair McGowan's Big Impression 5.35 Neighbours

TCM

1.00 Knights of the Round Table U (1953) 3.00 A Life of Her Own PG (1950) 5.00 Clash by Night PG (1952) 7.00 Singin' in the Rain U (1952) 9.00 The Pelican Brief 15 (1993) 11.35 Zabriskie Point 15 (1970) 1.30 Teleshopping 2.20 The Hill PG (1965)

The Disney Channel

Kids' programmes from 7am, except: 3.00 Film: High School Musical 2: Singalong U (2007) Comedy sequel, starring Zac Efron. 8.00 Film: High School Musical 2: Singalong U (2007) Comedy sequel, starring Zac Efron.

Sky Movies Drama

6.00 Driven to Succeed PG (2004) 7.40 Force of Impact PG (2005) 9.15 Kundun 12 (1997) 11.35 Memoirs of a Geisha 12 (2005) With Ziyi Zhang. 2.05 The English Patient 15 (1996) With Ralph Fiennes. 4.50 Driven to Succeed PG (2004) With Cystil Shepherd. 6.20 Force of Impact PG (2005) With Antonio Sabato, Jr. 8.00 The English Patient 15 (1996) With Ralph Fiennes. 10.45 Memoirs of a Geisha 12 (2005) With Ziyi Zhang. 1.10 Kundun 12 (1997) With Tenzin Thuthob Tsarong. 3.25 An American Affair 15 (1997) 5.10 Driven to Succeed PG (2004)

Sky Movies Action

6.15 Run 15 (1990) 8.00 Paparazzi 15 (2005) 9.35 Sinbad and the Eye of the Tiger U (1977) 11.30 Deep Impact 12 (1998) With Robert Duvall. 1.35 Sahara 12 (2005) With Matthew McConaughey. 3.40 Run 15 (1990) With Patrick Dempsey. 5.15 Sinbad and the Eye of the Tiger U (1977) With Patrick Wayne. 7.10 Next of Kin 15 (1989) With Patrick Swayze. 9.00 Sahara 12 (2005) With Matthew McConaughey. 11.05 Payback 18 (1999) With Mel Gibson. 1.00 Back in Business 18 (1997) With Brian Bosworth. 2.45 Sleepers 18 (1996) With Brad Pitt. 5.15 Angel Flight Down PG (1996)

Sky Movies Comedy

7.30 Captain Ron PG (1992) 9.25 Mrs Doubtfire PG (1993) 11.40 If Only 15 (2004) With Jennifer Love Hewitt. 1.20 Wedding Crashers 15 (2005) With Owen Wilson. 3.20 Kenny Special 3.50 Wag the Dog 15 (1997) With Dustin Hoffman. 5.45 Mrs Doubtfire PG (1993) With Robin Williams. 8.00



Look out for our anniversary issue in November

SPORT

Sky Sports 1

6.00 U Can Do It 6.05 You're on Sky Sports! 7.00 Football First 8.30 Football First 10.00 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Newcastle United v West Ham United (Kick-off 1.30pm). 3.30 Live Super Sunday. Manchester United v Chelsea (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A Liga match. 10.00 Football First 11.30 Football First 1.00 Spanish Football 3.00 World Pool Masters 4.00 Close

Sky Sports 2

6.00 Seamaster Sailing 6.30 Twenty20 World Championship Cricket 8.30 Speedway 11.30 Super League 1.30 Speedway 3.40 WWE: Experience 5.30 NFL: Who Is? 6.00 Live NFL. New York Jets v Miami Dolphins (Kick-off 6.00pm). 9.00 Live NFL. Washington Redskins v New York Giants (Kick-off 9.15pm). 1.00 Live NFL. Chicago Bears v Dallas Cowboys (Kick-off 1.15am). 4.30 Close

Sky Sports 3

6.00 Rugby Union 7.30 Spanish Football 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Wild Spirits 11.30 NFL: Total Access 12.30 Live Cricket. Middlesex Crusaders v Northamptonshire Steelbacks. 6.30 US Superbikes 7.30 British Superbikes 11.00 WWE: Late Night - Afterburn 12.00 WWE: Heat 1.00 Seamaster Sailing 1.30 Davis Cup Tennis 3.30

Close

British Eurosport

5.15 Live MotoGP. The Japanese Grand Prix MotoGP race. 7.00 Eurosport Buzz 7.30 MotoGP 8.00 MotoGP 9.00 Live Equestrian. Coverage of the RIDE meeting from Normandy. 10.00 Live Women's International Football. The third World Cup quarter-final (Kick-off 10.00am). 12.00 Live World Touring Car Championship. The first race from Brands Hatch. 12.45 Live Karting. The World Championship. 1.30 Live Athletics. The World Athletics Final. 3.30 Live World Touring Car Championship. All the action from the second race at Brands Hatch. 4.15 MotoGP 6.15 Live Cycling: Vuelta Espana. The final stage of the Tour of Spain. 7.00 WTA Tennis 8.00 World Touring Car Championship 9.00 Motor Racing 10.00 Motorsports Weekend 10.30 Women's International Football 11.30 Weightlifting 1.00 Close

Sky Sports Xtra

6.00 NFL: Playbook 7.00 Davis Cup Tennis 9.00 NFL: Playbook 10.00 NFL: Total Access 11.00 Seamaster Sailing 11.30 Racing News 12.00 Kiteboarding 12.30 Seamaster Sailing 1.00 Live Davis Cup Tennis. Sweden v USA. 5.00 Seamaster Sailing 5.30 Kiteboarding 6.00 Sportation 7.00 Wild Spirits 7.30 Seamaster Sailing 8.00 WWE: Experience 9.00 Davis Cup Tennis 11.00 US Superbikes 12.00 Motor Racing 1.30 British Superbikes 5.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Hard Sell. (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: ZiggTown. (R) (T) 3.50 Bear Behaving Badly. (T) 4.10 Shaun the Sheep. (R) (T) 4.25 Thumb Wrestling Federation: TWF. (T) 4.35 Lizzie McGuire. (R) (T) 5.00 The Sarah Jane Adventures. (T) 5.25 Newsround. (T)

5.35 Neighbours. Boyd enrages Sky by warning Caleb to stay away from her, while Karl is shocked by the severity of his father's Alzheimer's. Alan Napier reveals secrets that leave Oliver reeling. (R) (T)
BBC News; Weather. (T)

6.00 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 Street Doctor. The GPs travel to London, where they meet a man who could be heading toward a heart attack, a mother-to-be in need of a check-up and a woman who receives a long-awaited diagnosis. (T)

8.00 EastEnders. Jane panics when she realises Ian is missing. Shirley applies for a job at the launderette and Stacey dresses having to tell Jean she doesn't want her to make her wedding dress. (T)

8.30 Panorama. The argument that all British citizens should be entered on the national DNA database to help solve crimes and protect the innocent. Vivian White reports. (T)

9.00 Silent Witness. Part one of two. Nikki investigates the discovery of human bones on an ex-traveller site which could be the remains of a senior police officer's missing teenage daughter. However, her forensic analysis raises even greater questions and casts doubt on the guilt of the chief suspect. Meanwhile, Harry is assigned to an insurance case that takes a peculiar twist. Emilia Fox and Tom Ward star. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)

10.35 Movie Connections. Actors Jamie Bell and Gary Lewis are joined by director Stephen Daldry, writer Lee Hall and producers Jon Finn and Greg Brennan as they discuss the making of the 2000 film Billy Elliot. The multi award-winning movie about a boy who took up ballet during the Eighties miners' strike was later adapted into a worldwide stage success. (T)

11.15 Inside Sport. (T)
11.55 FILM: Perfect Friday (1970). Crime caper, starring Stanley Baker. (T) Weatherwise.

1.30 Sign Zone: Countryside: The Summer Diaries. (R) (T) 2.30 Sign Zone: Crisis on Jimmy's Farm. (R) (T) 3.30 Sign Zone: Grandad's Back in Business. (R) (T) 4.30 Sign Zone: James May's 20th Century. (R) (T) 5.00 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Bees; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (R) (T) 8.30 CBeebies: Mamma Mirabelle's Home Movies. (R) (T) 8.45 Come Outside. (R) (T) 9.00 64 Zoo Lane. (R) (T) 9.15 Boof! (T) Elthelbert the Tiger. (R) (T) 9.30 Lunar Jim. (T) 9.45 Nina and the Neurons. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Around Scotland. (T) 10.50 BBC Primary History. (T) 11.10 BBC Primary Geography. (T) 11.30 English Express. (T) 12.00 The Daily Politics Conference Special. (T) 1.00 Schools: KS1 Science Clips. (T) 1.10 KS1 Science Clips. (T) 1.20 Thinking Skills. (T) 1.30 Working Lunch. (T) 2.00 The Daily Politics: Leader's Speech. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Nature's Calendar. (T) 7.00 James May's 20th Century. Ideas that influenced warfare. (R) 7.30 Mastermind. Specialist subjects include the life and career of Frank Sinatra. (T) 8.00 University Challenge. University of Manchester v University of Newcastle. (T) 8.30 Nigella Express. The chef prepares coq au Riesling. (T) 9.00 Grandma's Back in Business. A former design director and a recent college graduate compete. Last in series. (T) 10.00 Kath & Kim. Sharon goes to boot camp. (T) 10.30 Newsnight: (T) Weather. (T) 11.20 Today at the Conference. (T) 11.50 Family Guy. (R) (T) 12.10 Family Guy. (R) (T) 12.35 Family Guy. (R) (T) 12.55 BBC News 24. (T) 2.00 BBC Learning Zone.

Pick of the Day

Doc Martin (ITV1 Granada, 9pm)

Dr Martin Ellingham (Martin Clunes) is up to his neck in a fresh batch of problems. When headmistress Louisa Glasson (Caroline Catz) faints at school, Martin is in the right place at the right time and comes to her aid. Despite insisting she is okay, the GP fears she could be anaemic and asks her to come to the surgery. However, she feels uneasy because of their history together and asks to change to another doctor. It seems any chance of rekindling their relationship looks doomed because of his reluctance to talk about the past. Meanwhile, school dinnerlady Alison Lane (Debbie Chazen) is having a hard time keeping her daughter Delph (Jaimee Colmer) under control. The troubled mum thinks her daughter has a medical condition, but Martin thinks she's just a delinquent in need of good parenting. However, he has second thoughts when he suspects Delph's condition could be down to diet pills. Later, the youth jumps from a moving trailer and falls through the glass door of village shop. Martin is overcome by his phobia of blood, so it's a good job receptionist Pauline Lamb (Katherine Parkinson) is on hand to help out. Her assistance soon gives Martin an idea that could help them both.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Parents & Teens: Welcome to My World: (T) Burning Questions. (R) (T) 10.00 The Underdogs: (R) (T) Burning Questions. (R) (T) 11.00 Make Me a Grown Up: (R) (T) I've Got This Friend. (R) (T) 11.30 Take Away My Takeaway: (R) (T) I've Got This Friend. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.30 FILM: The Kentuckian (1955). Western, starring Burt Lancaster. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Forgotten Flood. New series. This year's South Asia floods. (T) 8.00 Dispatches: Nice Work If You Can Get It. Peter Osborne investigates allegations that a new breed of politicians are pursuing their own interests before those of the country and the British people. (T) 9.00 It's a Free World. One-off drama, following a pair of women who decide to become self-employed by setting up a recruitment agency for immigrant workers. Kierston Wareing and Juliet Ellis star. (T) 10.55 FILM: LA Confidential (1997). Stylish thriller, with Russell Crowe. (T) 1.30 FILM: Withnail and I (1987). Comedy, starring Richard E Grant and Paul McGann. (T) 3.25 3 Minute Wonder: North Circular Stories. (R) (T) 3.30 Unreported World. (R) (T) 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 The Beeps. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.55 Little Lodgers. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 Russell Grant's Postcards. (R) (T) 1.35 FILM: Separated by Murder (1994). Drama, starring Sharon Gless. (T) 3.35 five news update. (T) 3.40 FILM: Vanished Without a Trace (1999). Crime drama, starring Shelley Long. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 RSPCA: On the Frontline. (T) 7.00 five news. (T) 7.30 Inferno 999. Firefighters tackle a chemical leak. (T) 7.30 five news update. (T) 8.00 Fifth Gear. Jonny Smith pits small cars against some of Britain's biggest hills. (T) 8.00 five news at 8. 9.00 Extraordinary People: The Tiniest Boy in Britain. The story of a two-year-old primordial dwarf. (T) 10.00 MacIntyre's Underworld. The investigative journalist revisits exiled Irish terrorist Johnny Adair. (T) 11.05 FILM: Blind Horizon (2004). Thriller, starring Val Kilmer. (T) 12.55 NASCAR. 1.30 NFL Live. New Orleans Saints v Tennessee Titans (Kick-off 1.30am). 4.50 Boxing USA. (R) 5.10 French Football - Le Championnat.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 2.59 London Weather. (T) 3.00 The Alan Titchmarsh Show. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. The southern heats begin, with contestants rustling up dishes including stuffed trout with fiery beetroot mayonnaise and Roquefort ice-cream with wine biscuits. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Sam asks Debbie for money following the outcome of the fight but proud Zak refuses to accept the loan - until Belle returns from a bad day at her new school. Viv returns from America with letters after her name and Bob in tow, while a broke David sells his business to the De Souza empire. (T)

7.30 Coronation Street. Hayley plucks up the courage to tell Christian his father is still alive when he asks to see Harold's grave. Audrey comes under fire from all sides for continuing to support David, while Gail struggles with a guilty conscience. Over at the pub, Liz finally spills the beans to Steve about her wedding date. (T)

8.00 Poison on Your Plate: Tonight. (T)

8.30 Coronation Street. Hayley finally reveals the truth to Christian, who recoils in horror and knocks her to the ground in disgust. Back on the Street, Sally's hopes of a sophisticated evening with John are dashed, and Tony ruffles Liam's feathers by flirting with Carla in the pub. Elsewhere, Steve and Michelle grow frustrated by their living arrangements. (T)

9.00 Doc Martin. New series. Pauline grows increasingly frustrated with her role at the surgery and starts to interfere with Martin's work, much to the GP's annoyance. The former surgeon talks to Bert, who is feeling down after his son Al's decision to go travelling, before coming face to face with the village's new police officer. Comedy drama series, starring Martin Clunes. (T)

10.00 Police, Camera, Action! Alastair Stewart and Adrian Simpson present another selection of real-life car chases, crashes and near-misses captured on police surveillance cameras. (T)

10.30 ITV News; Weather. (T)

11.05 FILM: The Graduate (1967). Oscar-winning romantic comedy, starring Dustin Hoffman. (T)

1.00 Champions League Weekly. (T) 1.25 Make Your Play; (T) ITV News Headlines. 4.10 Vanessa's Real Lives. (R) (T) 5.00 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Operação Triunfo 1715 Lingo 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Notas Solitas 2130 A Herança de Verão 2215 Prós e Contras 0100 Foyle's War - Among the Few, film 0400 Telesales 0605 Nós

RTP2

0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 Nacional Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Todos Contra o Cris 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Em Reportagem, 2300 Roma 2345 Mundos 0030 noites da 2 0115 Discovery Hour 0215 Diga lá Excelência 0300 Eurodeputados 0330 Vida por Vida 0400 Sociedade Civil 0615 Euronews

SIC

0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magia 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganharé Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0115 Disaster, film 0315 Quando O Telefone Toca

TVI

0700 Diário da Manhã 1000 Vozes na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganhar 1800 Morangos com Açúcar - Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doces Fugitivas 2315 Tu e Eu 0015 Desaparecido 0115 Film TBA 0300 Toca a Família 0430 Que Loucura de Família VII 0500 Telesales

BBC3

7.00 The Most Annoying Pop Songs We Hate to Love 8.00 The Scam Squad 8.30 The Real Hustle 9.00 Danny: Escaping My Female Body 10.00 EastEnders 10.30 Drop Dead Gorgeous 11.25 The Real Hustle 11.55 The Most Annoying Pop Songs We Hate to Love 12.55 Danny: Escaping My Female Body 1.50 My Penis and Everyone Else's 2.50 Drop Dead Gorgeous 3.45 The Scam Squad 4.15 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Bleak House 8.00 The Secret World of Haute Couture 9.00 Factory: Manchester from Joy Division to Happy Mondays 10.30 Comics Britannia 11.30 The Secret World of Haute Couture 12.30 Comics Britannia 1.30 Factory: Manchester from Joy Division to Happy Mondays 3.00 Comics Britannia 4.00 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Airline 8.30 Airline 9.00 Hell's Kitchen USA 10.00 Hell's Kitchen USA 11.00 Coronation Street 11.30 Coronation Street 12.00 Film: A Few Good Men 15 (1992) 2.40 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One

1.00 Wonderfalls 2.00 Angel 3.00 Las Vegas 4.00 Stargate Atlantis 5.00 Stargate Atlantis 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The

Simpsons 7.30 The Simpsons

8.00 Premier League All Stars 10.00 Prison Break 11.00 Road Wars 12.00 Star Trek: The Next Generation 1.00 Premier League All Stars - Extra Time 2.00 Star Trek: The Next Generation 2.50 America's Dumbest Criminals 3.15 British Sex 4.10 Dream Team 5.05 Taste

UKTV Gold

1.00 Last of the Summer Wine 1.40 dinnerdies 2.20 Some Mothers Do 'Ave 'Em 3.00 Only Fools and Horses 3.40 Only Fools and Horses 4.20 Only Fools and Horses 6.00 Only Fools and Horses 7.20 Only Fools and Horses 8.00 New Tricks 9.00 My Family 9.40 My Family 10.20 Only Fools and Horses 11.00 I'm Alan Partridge 11.40 My Family 12.20 My Family 1.40 I'm Alan Partridge 1.40 dinnerdies 2.15 The Lenny Henry Show 2.45 The Lenny Henry Show 3.15 Dallas 4.05 Last of the Summer Wine 4.35 Alistair McGowan's Big Impression 5.00 Some Mothers Do 'Ave 'Em 5.35 Neighbours

TCM

1.00 Key Largo PG (1948) 3.00 Rhapsody U (1954) 5.05 All the Fine Young Cannibals PG (1960) 7.25 The Honeymoon Machine PG (1961) 9.00 Magnum Force 18 (1973) 11.20 Wild Rivers 15 (1971) 2.00 Vivien Leigh: Scarlett and Beyond 2.50 Teleshopping 3.30 Bhowani Junction PG (1956)

The Disney Channel

Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.40 Her Own Rules PG (1998) 8.15 The Story of an African Farm PG (2004) 10.05 A Walk in the Clouds PG (1995) 12.05 Ask the Dust 15 (2006) With Salma Hayek. 2.15 Diana: The Final Journey 12 (2007) With Jennifer Morrison. 4.15 The Story of an African Farm PG (2004) With Richard E Grant. 6.00 A Walk in the Clouds PG (1995) With Keanu Reeves. 8.00 Diana: The Final Journey 12 (2007) With Jennifer Morrison. 10.00 Ask the Dust 15 (2006) With Salma Hayek. 12.00 The Ice Storm 15 (1997) With Sigourney Weaver. 1.55 Daydream Believers: The Monkees Story 12 (2000) With LB Fisher. 3.30 Wanted 15 (1998) 5.05 Her Own Rules PG (1998)

Sky Movies Comedy

7.00 The Red Sneakers PG (2001) 8.55 Herbie: Fully Loaded U (2005) 10.40 Gone Fishin' PG (1997) 12.25 The Matador 15 (2005) With Pierce Brosnan. 2.10 American Dreamz 12 (2006) With Hugh Grant. 4.10 The Red Sneakers PG (2001) With Dempsey Papillon. 6.10 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 8.00 American Dreamz 12 (2006) With Hugh Grant. 10.00 The Matador 15 (2005) With Pierce Brosnan. 11.45 Kenny Special 12.15 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory

Wayans. 2.00 Death Proof Special 2.30 Herbie: Fully Loaded U (2005) With Lindsay Lohan. 4.15 Gone Fishin' PG (1997)

Sky Movies Action

6.50 Homeland Security 15 (2004) 8.20 Chain Reaction 12 (1996) 10.15 The Phantom 12 (1996) 12.00 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 1.55 Homeland Security 15 (2004) With Scott Glenn. 3.25 Chain Reaction 12 (1996) With Keanu Reeves. 5.15 The Saint 12 (1997) With Val Kilmer. 7.15 The Phantom 12 (1996) With Billy Zane. 9.00 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 10.45 Firewall 12 (2006) With Harrison Ford. 12.45 Inferno 18 (1999) With Jean-Claude Van Damme. 2.25 Rapid Fire 18 (1992) With Brandon Lee. 4.15 In the Line of Duty: Siege at Marion PG (1992)

(R) - repeat programme;

(T) - programme with teletext

subtitles;

(S) - programme broadcast

ing stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 US Superbikes 7.00 WWE: Bottom Line 8.00 Football First 9.30 Football First 11.00 Football First 12.30 Live Twenty20 World Championship Cricket. The final from Johannesburg. 4.30 Champions League Weekly 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Monday Night Live: Cliftonville v Linfield (Kick-off 7.45pm). 10.00 Big League Weekend 11.30 Soccer AM: The Best Bits 12.30 Irish League Football 1.30 Live NFL: New Orleans Saints v Tennessee Titans (Kick-off 1.30am). 5.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 On the Edge 7.00 Aerobics Oz Style 7.30 On the Edge 8.00 Seamaster Sailing 8.30 British Superbikes 12.00 Champions League Weekly 12.30 Spanish Football 2.30 Champions League Weekly 3.00 US Superbikes 4.00 British Superbikes 7.30 Live Speedway. The first leg of the Elite League Grand Final. 9.30 Cycling 10.30 Show Jumping 12.00 Twenty20 World Championship Cricket 3.00 Big League Weekend 4.30 Soccer AM: The Best Bits 5.30 Close

Sky Sports 3

9.30 Motor Racing 11.00

Aerobics Oz Style 11.30 Racing News 12.00 Davis Cup Tennis 2.00 On the Edge 2.30 Seamaster Sailing 3.00 Sportation 4.00 Diving 5.00 WWE: Raw 7.00 Twenty20 World Championship Cricket 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 8.00 World Touring Car Championship 9.00 Athletics 11.00 Live Weightlifting. The 2007 World Championships. 1.00 Caneel 2.00 Athletics 4.00 Strongest Man 5.00 Eurogoals 5.45 WATTS 6.15 World Touring Car Championship 7.00 MotoGP 9.00 Motocross 10.00 Motocross 11.00 euroCRASH! 11.15 Eurogoals 12.00 Motorsports Weekend 12.30 Close

Sky Sports Xtra

12.00 NFL: Triple Header 3.00 Bowls 4.00 Cycling 5.00 Show Jumping 6.30 Seamaster Sailing 7.00 Bowls 8.00 NFL: Triple Header 11.00 The Wild Spirits 1.30 On the Edge 12.00 Bowls 1.00 Wild Spirits 1.30 World Motor Sport 4.00 On the Edge 4.30 Cycling 5.30 Close

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⁽²⁾ Installation costs €40 per hour and is not available in every area.

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Hard Sell; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: LazyTown. (R) (T) 3.50 Bear Behaving Badly. (T) 4.10 Shaun the Sheep. (R) (T) 4.20 Shaun the Sheep; (R) (T) Bernard. (R) 4.35 Best of Friends. (R) (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Mickey is electrocuted. (R) (T) 6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T)
7.30 EastEnders. News of Ian's disappearance spreads through the Square, and Jane is at her wits' end trying to cope with the children. Shirley is desperate to find rent money and considers an offer from her landlord. Stacey struggles to cope with her mum's erratic behaviour, and Billy tries to scupper Jase's work plans. (T)

8.00 Holby City. Mark takes James under his wing when he promises to stay clean and an end to Clifford's euphoric time with Louise is on the way. Faye tries to help Joseph move on from his continuing pain at the thought of his father's relationship with Jac. Hospital drama starring Robert Powell and Luke Roberts. (T)
9.00 Silent Witness. Part two of two. Nikki is cut out of the investigation and unsure who to trust following the death of the chief suspect she and Leo had worked so hard to clear. However, her lone enquiries bring her into greater danger. Meanwhile, Harry learns he has been deceived about the blood transfusions and, like his colleague, believes he has no option but to pursue the truth alone. Last in series. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 You Can't Fire Me, I'm Famous. Piers Morgan talks to Julie Goodyear about her 2002 return to Coronation Street. In a blaze of publicity, the comeback was intended to raise the soap to the top of the ratings once again - but instead lasted just 17 days before the pressurised schedule took its toll and she hurriedly departed amid accusations of fights over money and status. Also examined is the actress' equally sensational private life. (T)
11.20 Film 2007 with Jonathan Ross. (T)
11.50 FILM: Titanic Town (1998). Fact-based comedy drama, starring Julie Walters; (T) Weatherview.

1.35 Sign Zone: What Not to Wear. (R) (T) 2.35 Sign Zone: Crisis on Jimmy's Farm. (R) (T) 3.35 Sign Zone: Grandad's Back in Business. (R) (T) 4.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Biebies; (R) (T) Tweenies Sontime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (R) (T) 8.30 CBeebies: Mama Mirabelle's Home Movies. (R) (T) 8.45 Come Outside. (R) (T) 9.00 64 Zoo Lane. (R) (T) 9.15 Boo! (T) Ethelbert the Tiger. (R) (T) 9.30 Lunar Jim. (T) 9.45 Nina and the Neurons. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Watch. (T) 10.45 Friends and Heroes. (T) 11.10 Churchill's Bodyguard. (R) (T) 12.00 The Daily Politics Conference Special. (T) 1.00 Schools: Shakespeare: The Animated Tales. (T) 1.30 Working Lunch. (T) 2.00 Small Town Gardens. (R) (T) 2.15 Escape to the Country. (R) (T) 3.15 Open Gardens. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Nature's Calendar. (T) 7.00 Galapagos. Advanced photography techniques are used to create a portrait of the Galapagos Islands. The crew research the geological history of the place and examine what makes it unique. (R) (T) 7.50 Tawny Owls. The lives of two tawny owls. (R) (T) 8.00 Great British Journeys. Nicholas Crane follows a 16th-century "map in words". (T) 9.00 Tribe. The Penan people of the Borneo jungle. Last in series. (T) 10.00 Gavin and Stacey. The day of the wedding looms. Last in series. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Today at the Conference. (T) 11.50 Family Guy. (R) (T) 12.15 Family Guy. (R) (T) 12.35 Family Guy. (R) (T) 1.00 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Tribe (BBC2, 9pm)

What's your lifelong dream? Perhaps playing for your favourite football team, sharing the big screen with your idol or fronting a rock band is what floats your boat. But not Bruce Parry. As fans might expect, the intrepid explorer doesn't want anything so run-of-the-mill as that. Instead, the one thing he's always wanted to do is live with the Penan, a nomadic forest tribe living in Sarawak, Borneo. He's not quite like the rest of us, is he? But then again, if he was, Bruce wouldn't have made this eye-opening series, which comes to a close this week with the man himself finally achieving his ambition. It's not the first time he's been to the area, but the Penan have proved elusive until now. Nevertheless, like many remote people before them, they welcome Bruce with open arms and before long he's foraging in the trees for fruit, and hunting squirrels, birds and frogs with the best of them. Although their existence seems a happy one, it soon becomes clear the Penan feel threatened by loggers whose devastating effect on the environment has left them with little space in which to continue their traditional way of life. Bruce promises to inform the world of their plight, but with consumerism on the rise, causing the destruction of more rainforest, will anybody be prepared to listen?

C4

6.00 Grabbit the Rabbit. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Parents & Teens: Welcome to My World; (T) Burning Questions. (R) (T) 10.00 The Underdogs; (R) (T) Burning Questions. (R) (T) 11.00 Make Me a Grown Up; (R) (T) I've Got This Friend. (R) (T) 11.30 Take Away My Takeaway; (R) (T) I've Got This Friend. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.30 FILM: Leave Her to Heaven (1946). Melodrama, starring Gene Tierney. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Forgotten Flood. This year's South Asia floods. (T) 8.00 Jamie at Home. Jamie Oliver cooks using peppers and chillies. (T) 8.30 The Wild Gourmets. The search for autumnal produce from East Anglia. (T) 9.00 Bringing Up Baby. New series. Testing influential post-war parenting techniques. (T) 10.00 Skins. Maxxie and Anwar feel the strain on their friendship during a disastrous school trip to Russia, and matters of the heart only add to the confusion. Mitch Hewer and Dev Patel star. (T) 11.05 Gangland Graveyard. 12.05 The Fanbasta Football Show. 12.45 UK Poker Tour. 1.45 KOTV. (T) 2.10 FIVB Beach Volleyball. 3.05 Freesports on 4. (R) 3.30 FIA World Touring Car Championship. 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 The Beeps. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.55 Little Lodgers. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 FILM: Knights of the Round Table (1953). Medieval adventure, starring Robert Taylor. 3.30 five news update. (T) 3.40 FILM: Blue Valley Songbird (1999). Emotional drama, starring Dolly Parton. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 RSPCA: On the Frontline. (T) 7.00 five news. (T) 7.30 Chris Barrie's Massive Engines. The history of digger engines; (R) (T) 7.30 five news update. 8.00 Auschwitz - The Great Escape: Revealed. True story of an escape from Auschwitz in 1944; (T) 8.00 five news at 9.00 CSI: Miami. The team pursue a suspected terrorist. (T) 10.00 CSI: NY. Hawkes is accused of murder and the team are prevented from pursuing the case. All evidence points to him being the perpetrator, but his colleagues refuse to believe he is guilty; (R) (T) five news update. 11.00 Law & Order: Criminal Intent. (R) (T) 12.05 Shock Docs. (R) (T) 1.05 US PGA Golf. 1.50 Football Italiano. 3.10 ITU Triathlon. 4.00 Rolex Grand American. 4.45 V8 Supercars. 5.30 Dutch Football.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 2.59 London Weather. (T) 3.00 The Alan Titchmarsh Show. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. The Southern hearts continue. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Debbie realises she hasn't got the money for Zak's loan so she comes up with another way of raising the money - blackmail. Carl misses the delivery of his father's headstone to spend time with Grace instead and Sam moves out of the Dingles' house so they can rent out his room. (T)

7.30 ITV London Carer of the Year. As part of ITV's Carers campaign, this programme offers an insight into the essential and often unrecognised work of carers, who support and devote their time to looking after loved ones. Alastair Stewart and Katie Derham also reveal how viewers and a celebrity panel of judges chose London's Carer of the Year.

8.00 Who Wants to Be a Millionaire? Nurses Special. Chris Tarrant invites 10 nurses to get their fingers on the pulse and compete for a chance to face the new 12-step money tree and play for the #1million jackpot prize. (T)

9.00 Shoplifters - Caught on Camera. Britain's hardest-hit retailers are rigged with sophisticated CCTV systems and provided with security experts in a bid to catch shoplifters red-handed. Filmed around the country, the programme sees criminals stealing everything from clothes to groceries and DVDs to bars of chocolate before the security guards step in and hand them over to the police for prosecution. (T)

10.00 Don't Call Me Stupid. Feminist icon Germaine Greer tries to get to grips with the basics of car mechanics, while former Boyzone vocalist Shane Lynch hopes his familiarity with the wild flowers of Essex will blossom before the pair put their newfound knowledge to the test in a head-to-head quiz. Alexander Armstrong hosts. (T)

10.30 Call Girls: The Truth. An insight into the hidden world of high-class call girls - beautiful and professional women who ply their trade online via their personal websites to attract a suitable clientele. (T)

12.05 Make Your Play; (T) ITV News Headlines.

4.10 Quincy ME. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Operação Triunfo 1715 Lingo
1800 português em Directo
1905 O Preço Certo 2000
News 2230 US Marshals, film
0100 Foyle's War - The Funk
Hole, film 0400 Telesales 0605
Nos

RTP2

0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Sim,
Amor 1600 Zig Zag 1700
National Geographic 1815
Diário de Sofia 1830 A fé dos
Homens 1900 2010 1945 Zig
Zag 2045 Todos Contas o
Chris 2115 National
Geographic 2200 News 2240
ER 2330 Animais Como nós
0030 Noites da 2 0115
Discovery Hour 0215 Câmara
Clara 0315 2010 0400
Sociedade Civil 0615
Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na
Jaca 1900 Ganhar é Que se
Gente Se Entende 2000 News
2115 Chiquititas 2215
Paraíso Tropical 2315
Vingança 0015 Desperate
Housewives 0215 Sex and
the City 0330 Olhar da
Serpente

TVI

0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700
Quem Quer Ganha 1800
Morangos com Açúcar 2000
News 2115 Olha dos Amores
2215 Doce Fugitiva 2315 Tu
e Eu 0015 Maverick, film

Best of the Rest

BBC3

7.00 The Most Annoying Pop
Songs We Hate to Love 8.00
Dog Bortal 9.00 Lucy:
Teen Transsexual in
Thailand 10.00 EastEnders
10.30 Family Guy 10.55
Family Guy 11.15 The
Mighty Boosh 11.45 The
Most Annoying Pop Songs
We Hate to Love 12.40 Dog
Bortal 1.40 Lucy: Teen
Transsexual in Thailand
2.35 The Mighty Boosh 3.05
Danny: Escaping My Female
Body 4.05 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Sounds of the
Seventies 7.35 Batman 8.00
Alma Cogan - Fabulous 9.00
Ripping Yarns 9.30 Flight of
the Conchords 10.00
Charlie Brooker's Screen
Wipe 10.30 Film: Iraq in
Fragments 12 (2006) 12.00
Primo 1.20 Racism: A
History 2.20 Charlie
Brooker's Screen Wipe 2.50
Alma Cogan - Fabulous 3.50
Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40
Ricki Lake 4.30 Sally Jessy
Raphael 5.15 Airline 5.45
Judge Judy 7.00 The New
Adventures of Superman
8.00 House of Horrors 9.00
Film: A Few Good Men 15
(1992) 11.40 Film: Pretty
Woman 15 (1990) 2.05 Make
Your Play: ITV Play 4.00
Teleshopping 6.00 Close

Sky One

1.00 Wonderfalls 2.00 Angel
3.00 Las Vegas 4.00
Stargate Atlantis 5.00
Stargate Atlantis 6.00

Malcolm in the Middle 6.30
The Simpsons 7.00 The
Simpsons 7.30 The Simpsons
8.00 Premier League All
Stars 10.00 Road Wars 11.00
Street Wars 12.00 Star Trek:
The Next Generation 1.00
Premier League All Stars -
Extra Time 2.00 Star Trek:
The Next Generation 2.50
America's Dumbest Criminals
3.15 British Sex 4.10 Dream
Team 5.05 Taste

UKTV Gold

1.00 Last of the Summer
Wine 1.40 dinnerladies 2.20
Some Mothers Do 'Ave 'Em
3.00 Only Fools and Horses
3.40 Only Fools and Horses
4.20 My Family 5.00 Dallas
6.00 Only Fools and Horses
6.40 Only Fools and Horses
7.20 Only Fools and Horses
8.00 New Tricks 9.00 Only
Fools and Horses 10.10
Jonathan Creek 11.15 Only
Fools and Horses 11.55 I'm
Alan Partridge 12.35 I'm Alan
Partridge 1.15 New Tricks
2.10 My Family 2.40 Wogan:
Now and Then 3.30 Last of
the Summer Wine 4.00
dinnerladies 4.30 Some
Mothers Do 'Ave 'Em 5.05
Close Up 5.15 Neighbours
5.40 Neighbours

TCM

1.00 Murder at the Gallop U
(1963) 3.00 The Sunshine
Boys PG (1975) 5.30 Ride
the High Country PG (1962)
7.10 The Walking Stick PG
(1970) 9.00 Lenny 15 (1974)
11.00 Freaks 15 (1932) 12.20
The Night of the Iguana 15
(1964) 2.30 Teleshopping
2.45 The Fixer 15 (1968)

The Disney Channel

Kids' programmes from 7am,
except:

Sky Movies Drama

6.45 Going for Broke PG
(2003) 8.20 Big Spender PG
(2003) 9.55 Piccadilly Jim 15
(2004) 11.35 Holy Matrimony
PG (1994) With Patricia
Arquette. 1.10 Big Spender
PG (2003) With Casper Van
Dien. 2.45 Jarhead 15 (2005)
With Jake Gyllenhaal. 4.50
Going for Broke PG (2003)
With Delta Burke. 6.25
Piccadilly Jim 15 (2004) With
Sam Rockwell. 8.00 Jarhead
15 (2005) With Jake
Gyllenhaal. 10.05 Green
Street 18 (2004) With Elijah
Wood. 12.00 McVicar 18
(1980) With Roger Daltrey.
1.55 The Temptations 3.25
Lost Behind Bars 15 (2006)
4.55 Big Spender PG (2003)

Sky Movies Comedy

6.00 Straight Talk PG (1992)
7.40 Best Man in Grass Creek
PG (2001) 9.25 The
Producers 12 (2005) 11.40
The Silence of the Hams 15
(1993) With Billy Zane. 1.05
Best Man in Grass Creek PG
(2001) With John Hines. 2.35
Failure to Launch 12 (2006)
With Matthew McConaughey.
4.15 Bad Santa 15 (2004)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

MOVIES

With Billy Bob Thornton. 6.00
Best Man in Grass Creek PG
(2001) With John Hines. 7.30
Kenny Special 8.00 Failure to
Launch 12 (2006) With
Matthew McConaughey. 9.45
American Pie Presents: The
Naked Mile 15 (2006) With
John White. 11.30 The
Producers 12 (2005) With
Matthew Broderick. 1.50 The
Silence of the Hams 15 (1993)
With Billy Zane. 3.15 Bad
Santa 15 (2004) 5.00 Straight
Talk PG (1992)

Sky Movies Action

6.00 Conan the Barbarian 15
(1981) 8.15 King Kong 12
(2005) 11.25 Revolver 15
(2005) With Jason Statham.
1.25 The Peacemaker 15
(1997) With George Clooney.
3.35 Conan the Barbarian 15
(1981) With Arnold
Schwarzenegger. 5.50 King
Kong 12 (2005) With Naomi
Watts. 9.00 Poseidon 15
(2006) With Kurt Russell.
10.40 Miami Vice 15 (2006)
With Colin Farrell. 1.00 Foxy
Brown 18 (1974) With Pam
Grier. 2.45 Body of Evidence
18 (1992) With Madonna. 4.25
In the Line of Duty: Smoke
Jumpers PG (1996)

SPORT

Sky Sports 1

6.00 Soccer AM: The Best
Bits 7.00 WWE: Afterburn
8.00 Irish League Football
9.00 Big League Weekend
10.30 Soccer AM: The
Best Bits 11.30 Irish
League Football 12.30 Big
League Weekend 2.00
Soccer AM: The Best Bits
3.00 Irish League Football
4.00 Speedway 6.00 Foot
Brazil 6.30 Revista De La
Liga 7.30 Soccer Special
10.00 Revista De La Liga
11.00 A-League 11.30 Foot
Brazil 12.00 Carling Cup
Football 1.30 A-League
2.00 Foot Brazil 2.30
Revista De La Liga 3.00
Show Jumping 5.00 Close

Sky Sports 2

6.00 Aerobics Oz Style
6.30 On the Edge 7.00
Aerobics Oz Style 7.30 On
the Edge 8.00 Diving 9.00
On the Edge 9.30
Twenty20 World
Championship Cricket
12.30 Speedway 2.30
World Motor Sport 5.00
World Hockey Monthly
5.30 Tennis 6.30 British
Formula 1
Championship 7.00 World
Hockey Monthly 7.30 Live
Carling Cup Football.
Reading v Liverpool (Kick-
off 7.45pm). 10.00 Poker
Million 12.00 NFL: Total
Access 1.00 Tennis 2.00
Yachting 3.00 Close

Sky Sports 3

6.00 Show Jumping 7.30
Cycling 8.30 World Motor

Sport 11.00 Aerobics Oz
Style 11.30 Racing News
12.00 Diving 1.00 NFL:
Total Access 2.00 NFL 4.00
Diving 5.00 WWE:
Smackdown 7.00
Powerboating 7.30 Live
Greyhound Racing. The
Gold Collar final. 10.00
Sports Unlimited 11.00
Angling 12.00
Powerboating 1.00 World
Hockey Monthly 1.30 World
Pool Masters 2.30 Close

British Eurosport

7.30 Test Drive 8.15 WATTS
8.30 Live Weightlifting. The
2007 World Championships.
10.30 Weightlifting 11.00
Live Weightlifting. The
2007 World Championships.
1.00 Athletics 2.15
Eurogoals 3.00 Cycling
3.45 MotoGP 5.00 World
Touring Car Championship
6.00 Eurogoals 6.15
Eurogoals 7.00 Strongest
Man 8.00 Boxing 10.00
World Touring Car
Championship 10.30
MotoGP 12.00 Eurosport
Buzz 12.30 Close

Sky Sports Xtra

11.30 Speedway 1.30
Cycling 2.30 Wild Spirits
3.00 Bowls 4.00 On the
Edge 4.30 Aerobics Oz
Style 5.00 NFL: Total
Access 6.00 Powerboating
7.00 Bowls 8.00 Carp
Fishing 9.00 Yachting
10.00 NFL 12.00 Bowls 1.00
Powerboating 1.30
Challenge Tour Golf 2.00
On the Edge 2.30 British
Formula Ford Championship
3.00 Close



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See page 16

BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News. Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Hard Sell. (T) BBC News. Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News. Weather. (T) 1.30 Regional News. Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News. Weather. Regional News. (T) 3.25 CBBC: LazyTown. (R) (T) 3.50 Bear Behaving Badly. (T) 4.10 Shaun the Sheep. (R) (T) Bernard. 4.25 The Owl. (R) (T) 4.30 Smart. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Janae sees Ned in a new light when he publicly announces he is Mickey's dad, while Frazer is shocked to realise he used his legs to help the youngster. Adam admits lying to Pepper. (R) (T)

6.00 BBC News. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Party Conference Broadcast. By the Labour Party. (R) (T)

7.00 The ONE Show. (T)
7.30 Inside Out. Documentary series focusing on stories of interest to the region. (T)

8.00 DIY SOS. Nick Knowles and the team head to Chelmsford to work on the kitchen of a woman who has had a traumatic year which has left her and her two children unable to complete the work themselves. Last in series. (T)

8.30 Rogue Traders. The team catch out a plumber who wrongly claimed to be registered with the UK's gas safety watchdog and tried to charge three times the price of a job. Matt Allwright transforms himself into East European alter-ego Jimmy and is taught how to waste time by a company boss whose firm overcharges. (T)

9.00 Crimewatch. Featuring new evidence in the murder of 11-year-old Liverpool Rhys Jones and hopes that the discovery of DNA will bring a double murderer to justice 30 years after the crime. Plus, how a homeowner caught his attackers on camera. Fiona Bruce presents. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News. Weather. (T)

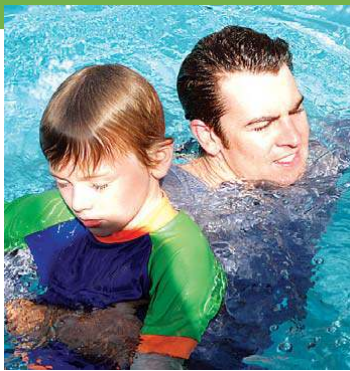
10.35 The National Lottery Draws. The balls are set rolling as the results of the Thunderball, Dream Number and Lotto draws are revealed. (T)

10.40 Crimewatch Update. Viewers' responses to the programme shown earlier. (T)

10.50 The World's Greatest Elvis. Vernon Kay views Elvis Presley tribute acts around the world, a journey which found the 30 Elvis impersonators who took part in Saturday's competition in a London studio. His search began in Blackpool and took him to Europe, Asia and America before ending his quest in a place abundant in impersonators of the King - Las Vegas. (T) National Lottery Update.

11.45 FILM: Escape from Alcatraz (1979). Prison drama, starring Clint Eastwood. (T) Weatherview.

1.35 Sign Zone: Antiques Roadshow. (R) (T) 2.35 Sign Zone: Crisis on Jimmy's Farm. (R) (T) 3.35 Sign Zone: Grandad's Back in Business. (R) (T) 4.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies. (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: Mama Mirabelle's Home Movies. (R) (T) 8.45 Come Outside. (R) (T) 9.00 64 Zoo Lane. (R) (T) 9.15 Bool! (T) Ethelbert the Tiger. (R) (T) 9.30 Lunar Jim. (T) 9.45 Nina and the Neurons. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Wild: Desert Elephants and Lost Lions. (R) (T) 11.00 Family Xchange. (R) (T) 11.45 The Daily Politics Conference Special. (T) 12.45 Live Women's World Cup Football. The first semi-final (Kick-off 1.00pm). (T) 3.10 Open Gardens. (T) 3.40 Flog It! (T) 4.25 Ready, Steady, Cook. (T) 5.10 Weakest Link. (R) (T) 5.55 Party Conference Broadcast. (T) 6.00 Eggheads. (T) 6.30 Nature's Calendar. (T) 7.00 The Truth About Food. The effects of various foods on the human body. (R) (T) 8.00 The Restaurant. The couples attempt to invent distinctive brands. (T) 9.00 Heroes. Niki makes a difficult decision. (T) 9.40 Heroes. Peter awakens from his coma. Hiro searches for the mysterious sword and Niki faces the consequences of her decision to turn herself in. Christopher Eccleston guest stars. (T) 10.20 Heroes Unmasked. (T) 10.30 Newsnight; Weather. (T) 11.20 Today at the Conference. (T) 11.50 Women's World Cup Football. (T) 12.20 Family Guy. (R) (T) 12.45 Family Guy. (R) (T) 1.05 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Neighbours (BBC1, 5.35pm)

Frazer (Ben Lawson) can use his legs. We've known for some time that should be the case but, for some reason, he's remained unable to walk. He is, however, making a habit of rescuing children. He became wheelchair-bound after saving a little girl from being trampled by horses, and now he's plucked Mickey (Fletcher O'Leary) from the pool. After an anxious wait, the youngster is given the all-clear, much to Ned's (Daniel O'Connor) delight. However, the ordeal makes him wonder if he's really cut out for fatherhood and he considers sending Mickey away to live with his older brother. Thankfully, Janae (Eliza Taylor-Cotter) is around to talk some sense into the musclebound hunk. Whatever she says clearly does the trick, because before long, Ned reveals to whole world he's Mickey's dad - and the lad can barely conceal his delight at having a very tall father. As the landlord at no 30, the whole pool incident leaves a bad taste in Toodie's (Ryan Maloney) mouth, but he manages to soothe Steph's worries at the bar's opening ceremony. Meanwhile, Pepper (Nicky Whelan) is horrified at the thought of Adam (Benjamin Hart) lying to her, so dumps him.

C4

6.00 Grabbit the Rabbit. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Parents & Teens: Welcome to My World! (T) Burning Questions. (R) (T) 10.00 The Underdogs. (R) (T) Burning Questions. (R) (T) 11.00 Make Me a Grown Up. (R) (T) I've Got This Friend. (R) (T) 11.30 Take Away My Takeaway. (R) (T) I've Got This Friend. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.30 FILM: The Children's Hour (1961). Drama, starring Audrey Hepburn. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Forgotten Flood. This year's floods in South Asia. (T) 8.00 Supernanny. Jo Frost returns to Staines to check on the progress of a couple she visited two years ago when they needed help in dealing with their troublesome young twins. (T) 9.00 Millionaires' Mission. Work gets under way on a hotel for teachers. (T) 10.00 Brothers & Sisters. Nora's love life takes a turn for the better. (T) 11.00 Brothers & Sisters. (T) 12.00 4Music: Richard Hawley: Video Exclusive. (T) 12.05 Will & Grace. (T) 12.35 Will & Grace. (T) 1.00 The Osbournes. (R) (T) 1.35 The Osbournes. (R) (T) 2.05 Your Face or Mine? (R) (T) 2.30 Greetings from Tucson. (R) (T) 2.55 4Music: Richard Hawley: Video Exclusive. (R) (T) 3.00 Wild Things. (R) (T) 3.45 The UK School Games. (R) 4.40 Smallville. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 The Beeps. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.55 Little Lodgers. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 Russell Grant's Postcards. (R) (T) 1.35 FILM: Columbo: Make Me a Perfect Murder (1978). Crime drama, starring Peter Falk. (R) (T) 3.35 five news update. (T) 3.40 FILM: Robin Cook's Terminal (1996). Medical thriller, starring Doug Savant. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 RSPCA: On the Frontline. (T) 7.00 five news. (T) 7.30 David Beckham's Soccer USA. Including highlights of Los Angeles Galaxy v FC Dallas. (T) 7.30 five news update. 8.00 My Body Hell. How women perceive their faces; (T) 8.00 five news at 9. 9.00 FILM: Heist (2001). Veteran gang boss Gene Hackman is blackmailed into pulling off a major gold robbery. Exciting fast-paced thriller, also starring Danny DeVito and Rebecca Pidgeon. Includes five news update at 9.55. (T) 11.05 How Porn Conquered the World. (R) (T) 12.05 Poker World Open III. (T) 1.35 Major League Baseball. 5.10 Football Argentina Highlights.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 2.59 London Weather. (T) 3.00 The Alan Titchmarsh Show. (T) 4.00 Midsummer Murders. (R) (T)

5.00 Britain's Best Dish. Recipes including beef, pork and blue cheese meatloaf. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

6.55 Party Conference Broadcast. By the Labour Party. (T)

7.00 Emmerdale. Matthew spies on Carl and Grace and reveals the affair to her boss, who gives the police woman an ultimatum - find Tom King's killer within 24 hours or risk suspension. David remains silent about the identity of Mrs De Souza and Carrie grows suspicious about Kelly. (T)

7.30 Coronation Street. Hayley hides away in the flat and blames Roy for the fiasco with Christian. Jamie and Violet return from Carol's wedding in jubilant mood, while Cilla arrives back from the States. (T)

8.00 The Bill. Sam investigates the background of an eastern European diplomat accused of a violent assault on a prostitute and learns he could be a murderer. The pressure is on when it emerges the suspect has full diplomatic immunity and is due to be deported within 24 hours. Phil and Grace interview a painter, whose valuable nude portrait of an ex-lover has been stolen. Leela accepts a post outside Sun Hill, unaware a colleague has pulled strings to ease her departure. (T)

9.00 Torn. Alice is returned to her natural family, but the move threatens to break them apart, especially when news reaches them that her abductor Joanna Taylor has been released with a suspended sentence. Sarah becomes obsessed with her safety, determined she will never lose her again. Drama, starring Holly Aird, with Adam Kotz, Bradley Walsh, Nicola Walker and Jo Woodcock. (T)

10.00 Benidorm Unpacked. The junior half of a father-and-son comedy duo is tempted to leave showbiz and settle down to a life of domestic bliss, while one-armed, one-legged Meat Lough impersonator Neil St John wonders where his next gig is coming from. (T)

10.30 ITV News; Weather. (T)

11.05 Carling Cup Highlights. Matt Smith introduces action from this week's third-round ties, including extended highlights of tonight's game between Hull City and Chelsea at the Kingston Communications Stadium.

12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Operação Triunfo 1715 Lingo 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2045 Football: Guimarães v Sporting 2245 Blade, film 0100 War Games, film Telesales 0605 Nôs

RTP2

0700 euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Ideal 1530 Sim, Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 a Fé dos Homens 1900 Biosfera 1945 Zig Zag 2045 Todos Contra o Chris 2115 national Geographic 2200 News 2240 24 2315 Bastidores 2330 Clube de Jornalistas 0030 Noites da 2 0115 Discovery Hour 0215 Consigo 0245 Bastidores 0315 Biosfera 0400 Sociedade Civil 0600 Euronews

SIC

0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Etema Magi 1445 O Profeta 1515 Contacto 1800 Pê na Casa 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 Shark 0115 CSI Las Vegas 0215 Sex and the City 0330 Olhar da Serpente

TVI

0700 Diário Da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganhar 1800 Morangos com Açúcar - Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 The Silence of the Lambs, film 0230 Toca a Ganhar 0345 TVI Negócios 0400 O Portector IV 0500 Telesakes

Best of the Rest

BBC3

7.00 The Most Annoying Pop Songs We Hate to Love 8.00 What Not to Wear 9.00 Help Me Anthea, I'm Infested! 10.00 Little Britain 10.30 Heroes 11.15 The Real Hustle 11.45 The Most Annoying Pop Songs We Hate to Love 12.40 Help Me Anthea, I'm Infested! 1.40 Spendaholics 2.10 Spendaholics 2.40 The Real Hustle 3.10 Help Me Anthea, I'm Infested! 4.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Sounds of the Seventies 7.35 Batman 8.00 Michael Palin's New Europe 9.00 The Protestant Revolution 10.00 Return to Lonesome Dove 11.25 Comics Britannia 12.25 The Protestant Revolution 1.25 Racism: A History 1.25 Comics Britannia 3.25 The Protestant Revolution 4.25 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.30 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 Hell's Kitchen USA 8.00 Hell's Kitchen USA 9.00 Film: Pretty Woman 15 (1990) 11.25 Coronation Street 11.55 Jack Osbourne - Adrenaline Junkie 1.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One

1.00 Wonderfalls 2.00 Angel 3.00 Las Vegas 4.00 Stargate Atlantis 5.00 Stargate Atlantis 6.00

Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Premier League All Stars 10.00 Bones 11.00 Bones 12.00 Law & Order 1.00 Premier League All Stars - Extra Time 2.00 Star Trek: The Next Generation 2.50 Star Trek: The Next Generation 3.45 America's Dumbest Criminals 4.10 Dream Team 5.05 Taste

UKTV Gold

1.00 Last of the Summer Wine 1.40 dinnerladies 2.20 Some Mothers Do 'Ave 'Em 3.00 Only Fools and Horses 3.40 Only Fools and Horses 4.20 My Family 5.00 Dallas 6.00 Only Fools and Horses 6.40 Only Fools and Horses 7.20 Only Fools and Horses 8.00 New Tricks 9.00 New Tricks 10.00 Shark 11.00 Only Fools and Horses 11.40 I'm Alan Partridge 12.20 I'm Alan Partridge 1.00 My Family 1.40 New Tricks 2.40 Shark 3.30 Close Up 3.40 Wogan: Now and Then 4.30 dinnerladies 5.00 Some Mothers Do 'Ave 'Em 5.35 Neighbours

TCM

1.00 The Password Is Courage U (1962) 3.00 Mogambo PG (1953) 5.05 Boys' Night Out PG (1962) 7.00 Lady L U (1965) 9.00 The Outlaw Josey Wales 18 (1976) 11.25 Cannery Row 12 (1982) 2.00 Teleshopping 2.15 The Comedians PG (1967)

The Disney Channel

Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.35 Between Love and Honor PG (1995) 8.20 Desperate Justice PG (1993) 10.05 Lackawanna Blues 12 (2005) 11.50 Separate Lies 15 (2005) With Emily Watson. 1.20 Drama Man Close Up 1.50 Cinderella Man 12 (2005) With Russell Crowe. 4.15 Get Rich or Die Tryin' 15 (2005) With Curtis '50 Cent' Jackson. 6.15 Desperate Justice PG (1993) With Lesley Ann Warren. 8.00 Separate Lies 15 (2005) With Emily Watson. 9.30 Cinderella Man 12 (2005) With Russell Crowe. 12.00 Sunday, Bloody Sunday 15 (1971) With Glenda Jackson. 2.00 The Brave One Special 2.30 The Temptations 4.15 Between Love and Honor PG (1995)

Sky Movies Comedy

6.35 The Pirates of Penzance U (1982) 8.45 Captain Ron PG (1992) 10.30 Home Team PG (1998) 12.05 The Pirates of Penzance U (1982) With Kevin Kline. 2.05 Wedding Crashers 15 (2005) With Owen Wilson. 4.05 Woo 15 (1998) With Jada Pinkett Smith. 5.45 Kenny Special

(R)-repeat programme;

(T)-programme with teletextsubtitles;

(S)-programme broadcastin stereo;

(bw)-black and white.

Sky Movies Action

6.15 Home Team PG (1998) With Steve Guttenberg. 8.00 Wedding Crashers 15 (2005) With Owen Wilson. 10.00 Office Space 15 (1999) With Ron Livingston. 11.35 Woo 15 (1998) With Jada Pinkett Smith. 1.05 Whiskey Down 15 (1995) With Sean Patrick Flanery. 2.40 Bull Durham 15 (1988) With Kevin Costner. 4.35 Captain Ron PG (1992)

Sky Movies Action

6.10 Point Last Seen PG (1998) 7.50 Pacific Heights 15 (1990) 9.35 The Presidio 15 (1988) 11.15 Broken Arrow 15 (1996) With John Travolta. 1.05 Inside Man 15 (2006) With Denzel Washington. 3.15 Pacific Heights 15 (1990) With Michael Keaton. 5.00 The Presidio 15 (1988) With Sean Connery. 6.40 Batman Begins 12 (2005) With Christian Bale. 9.00 Inside Man 15 (2006) With Denzel Washington. 11.15 Commando 18 (1985) With Arnold Schwarzenegger. 12.50 Running Scared 18 (2006) With Paul Walker. 2.55 Across 110th Street 18 (1972) With Anthony Quinn. 4.40 Point Last Seen PG (1998)

SPORT

Sky Sports 1

6.00 Revista De La Liga 7.00 WWE: Heat 8.00 Carling Cup Football 9.30 Foot Brazil 10.00 A-League 10.30 Revista De La Liga 11.30 Powerboating 12.00 Foot Brazil 12.30 A-League 1.00 Carling Cup Football 2.30 Foot Brazil 3.00 Revista De La Liga 4.00 Powerboating 5.00 Carling Cup Football 6.30 Total Rugby 7.00 FIFA Futbol Mundial 7.30 Soccer Special 10.00 You're on Sky Sports! 11.30 FIFA Futbol Mundial 12.00 European Tour Weekly 12.30 Carling Cup Football 2.00 Spanish Football 4.00 You're on Sky Sports! 5.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 On the Edge 7.00 Aerobics Oz Style 7.30 On the Edge 8.00 Sports Unlimited 9.00 On the Edge 9.30 BritishFormulaFordChampionship 10.00 Poker Million 12.00 British Formula Ford Championship 12.30 World Hockey Monthly 1.30 Powerboating 1.30 Beach Volleyball 2.30 Wild Spirits 3.00 Poker Million 5.00 World Hockey Monthly 5.30 Powerboating 6.00 Challenge Tour Golf 6.30 European Tour Weekly 7.00 Live Carling Cup Football. Hull City v Chelsea (Kick-off 7.45pm). 10.00 Spanish Football 12.00 Race World 13.00 Karling 1.30 Challenge Tour Golf 2.00 Poker Million 4.00 Close

Sky Sports 3

6.00 Powerboating 7.00 Yachting 8.00 Beach Volleyball 9.00 World Hockey Monthly 9.30 Wild Spirits 10.00 World Pool Masters 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Unlimited 1.00 Close

NFL: Total Access 2.00 On the Edge 2.30 British Formula Ford Championship 3.00 World Pool Masters 4.00 Sports Unlimited 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Diving 8.00 Race World 9.00 Mountain Biking 10.00 Watersports World 11.00 NFL: Total Access 12.00 Beach Volleyball 1.00 Mountain Biking 2.00 Close

British Eurosport

7.30 Yoz Magazine 8.00 Eurosport Buzz 8.30 Live Weightlifting. 7.30 World Championships. 10.30 Live Cycling. The men's Under-23 road race at the Road World Championships. 12.00 Weightlifting 1.00 Live Women's International Football. The first World Cup semi-final (Kick-off 1.00pm). 3.00 Cycling 4.00 Eurosport Buzz 4.30 Cycling 5.15 Olympic Magazine 5.45 Wednesday Selection 5.55 Equestrian 6.50 Riders Club 6.55 Wednesday Selection 7.00 US Tour Golf 8.00 European Tour Golf 8.30 Challenge Tour Golf 9.00 Golf Club 9.05 Sailing 9.35 Yacht Club 9.40 Polo 10.10 Wednesday Selection 10.15 Escalade 10.45 Cycling 11.45 Cycling 12.30 Close

Sky Sports Xtra

1.00 Carp Fishing 2.00 Yachting 3.00 Bowls 4.00 British Formula Ford Championship 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 Show Jumping 6.30 A-League 7.00 Bowls 8.00 Beach Volleyball 9.00 Max Power 10.00 European Tour Weekly 10.30 Total Rugby 11.00 Transworld Sport 12.00 Bowls 1.00 On the Edge 1.30 Wild Spirits 2.00 Show Jumping 2.30 Eurodrift Championship 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Hard Sell; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: LazyTown. (R) (T) 3.50 Bear Behaving Badly. (T) 4.10 Shaun the Sheep; (T) The Owl. (T) 4.30 Best of Friends. (R) (T) 5.00 Chute. (T) 5.25 Newsround. (T)

5.35 Neighbours. Janelle is thrilled when her daughter Anne returns to Ramsay Street, but her arrival leaves Harold with a dilemma. Before leaving town, Adam tells Pepper the truth about his past, while Karl admits he is jealous of Zeke and Tom's relationship. Steph launches her political campaign at the newly reopened bar. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30

EastEnders. Jane is convinced Ian has gone for good, and finds herself at loggerheads with Lucy. Heather plucks up the courage to leave her bullying mother and move in with Shirley. Stacey is dismayed at Bradley's choice of best man, and Max convinces Jean to change her mind about the wedding. (T)

8.00 What Not to Wear. Style experts Mica Paris and Lisa Butcher are confronted by a group of ruthless businesswomen whose attitudes and lack of dress sense are jeopardising their careers. The duo whistle the candidates down to two hapless subjects - a career-orientated PA, whose Eighties clothes have left her in a time warp, and an unkempt horse trainer in need of personal hygiene advice as well as a new wardrobe. (T)

9.00 Who Do You Think You Are? Countdown co-presenter Carol Vorderman researches the ancestors of her Welsh mother and once-estranged father, whose intriguing Dutch heritage takes her to Holland. She also investigates a photograph in which her great-grandfather Daniel appeared alongside a woman who is claimed, through family myth, to be Queen Victoria. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weather.
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Who Do You Think You Are? (R) (T) 1.55 Sign Zone: Tribe. (R) (T) 2.55 Sign Zone: Crisis on Jimmy's Farm. (R) (T) 3.55 Sign Zone: Nigella Express. (R) (T) 4.25 Sign Zone: Ever Wondered About Food? (R) (T) 4.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kanpor. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: Mاما Mirabelle's Home Movies. (R) (T) 8.45 Come Outside. (R) (T) 9.00 64 Zoo Lane. (R) (T) 9.15 Boo! (T) Etheibert the Tiger. (R) (T) 9.30 Lunar Jim. (T) 9.45 Nina and the Neurons. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Let's Write a Story. (T) 10.50 BBC Primary Geography. (T) 11.00 Primary Interact Chat Guide. (R) (T) 11.10 Social Inclusion Dramas. (T) 11.30 Watch. (R) (T) 11.45 The Daily Politics Conference Special. (T) 12.45 Live Women's World Cup Football. The second semi-final (Kick-off 1.00pm). (T) 3.00 The Flying Gardener. (T) 3.15 Open Gardens. (T) 3.45 Flot It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Nature's Calendar. (R) 7.00 Great British Journeys. Nicholas Crane follows a 16th-century 'map in words'. (R) (T) 8.00 The Restaurant. Three couples produce new microwave meals. (T) 9.00 Mock the Week. With Lauren Laverne, David Mitchell and Ed Byrne. Last in series. (T) 9.30 Savondale. Tommy fears he has lost Magz. Last in series. (T) 10.00 That Mitchell and Webb Look. Sketches include an old gent with a thirst for alcohol. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Heroes. (R) (T) 12.00 Heroes. (R) (T) 12.45 Women's World Cup Football. (T) 1.15 Family Guy. (R) (T) 1.35 Family Guy. (R) (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

The Whistleblowers (ITV1 Granada, 9pm)

Earlier this year, writer Tony Marchant made headlines with the Channel 4 drama The Mark of Cain, which told the tale of two young British soldiers accused of mistreating Iraqi prisoners. This new series explores a similar subject, but this time it all takes place on UK soil. Richard Coyle and Indira Varma star as Ben and Alisha, who are driving home from work one evening when they nearly run over a naked, hooded man, who is subsequently bundled into a car by two other men. Naturally, the couple are intrigued, especially when they realise the stranger is apparently being held captive in a house across the street from them. They report the matter to the police, but when their allegations don't appear to be taken seriously, Ben breaks into the house and talks to the prisoner, who reveals his name Mohammed Agiza. He claims he's being interrogated as a suspected terrorist, but that he's totally innocent - and begs to speak to his lawyer. Ben is quickly whisked away by security minders, who warn him to keep his nose out, but he's too intrigued and decides to make contact with Agiza's solicitor. His continued digging soon attracts attention, and it isn't long before Ben and Alisha both find themselves at the centre of a smear campaign. However, rather than be put off, the couple decide to join forces with their surveillance expert friend Kenny and expose the disturbing practices used to extract information from suspected terrorists. Daniel Ryan and Dhafer L'Abidine also star.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Parents & Teens: Welcome to My World; (T) Burning Questions. (R) (T) 10.00 My Big Gay Prom; (R) (T) Burning Questions. (R) (T) 11.00 Chill Out; (T) I've Got This Friend. (R) (T) 11.30 Take Away My Takeaway; (R) (T) I've Got This Friend. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.30 FILM: Buona Sera, Mrs Campbell (1968). Comedy, starring Gina Lollobrigida. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Forgotten Flood. This year's South Asia floods. Last in series. (T) 8.00 10 Years Younger. A former beach babe receives a makeover. (R) (T) 9.00 Meet the Natives. New series. Five tribesmen from Vanuatu travel 10,000 miles from their villages to observe the natives of the UK, recording their exploration of British culture along the way. (T) 10.00 Without a Trace. Elena works undercover as an exotic dancer. (T) 11.00 Sex Change Hospital. (T) 12.05 4Music: Ibiza Rocks. 12.35 4Music: Dubplate Drama. (T) 1.05 FILM: Hum Tum (2004). Romantic comedy, starring Saif Ali Khan. 3.45 Dispatches: Nice Work If You Can Get It. (R) (T) 4.40 Smallville. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 The Beeps. (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerrots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.55 Little Lodgers. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 Russell Grant's Postcards. (R) (T) 1.25 The Big Valley. (T) 3.25 five news update. (T) 3.30 FILM: Armored Commando (1961). World War Two drama, starring Howard Keel. (T) 5.30 five news; Weather. (T) 6.00 Home and Away; (T) 6.30 RSPCA: On the Frontline. (T) 7.00 five news. (T) 7.30 Chris Barrie's Massive Machines. Chris investigates bombers; (R) (T) 7.30 five news update. 8.00 How to Be a Property Developer. Dan and Daniel attempt to claw back their losses; (T) 8.00 five news at 9.00 The Hotel Inspector. The Safari hotel in Bournemouth. (T) 10.00 FILM: The Missing (2004). Premiere. Ron Howard's acclaimed Western thriller following the frantic efforts of desperate mother Kate Blanchett to be reunited with her kidnapped daughter. Includes five news update at 10.55. (T) 12.40 Quiz Call. 4.00 European Drag Racing. 4.30 NHRA Drag Racing.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 2.59 London Weather. (T) 3.00 The Alan Titchmarsh Show. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. In the final Southern heat, judges Ed Baines, Jilly Gooldeen and John Burton Race sample and comment on dishes including a trio of scallop sensations and creamy pea puree with bacon. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Grace quizzes Carl about the identity of his father's killer but the repercussions of his answers could have devastating effects. Mrs De Souza is finally revealed to the village, leaving David shocked by the general reaction, and Jack confesses to missing Diane when Victoria reveals she feels unloved. (T)

8.00 The Bill. Stuart works fast to find the children of separated parents when CCTV footage shows the brother and sister talking to a known paedophile. New recruit PC Benjamin Gayle is teamed with Will to investigate an assault on a Polish building worker and finds himself in a tight spot when the victim's colleagues cut up rough about his fish-poaching activities on the common. Micah Balfour stars. (T)

9.00 The Whistleblowers. New drama series created by award-winning writer Tony Marchant. Richard Coyle and Indira Varma star as Ben Graham and Alisha Cole, who return home one night to see a hooded man pursued and bundled into a car. Their decision to investigate changes their lives, as they become enemies of the state and are forced to turn whistleblower in an attempt to save the man, themselves and the very fabric of society. (T)

10.00 Commando: On the Front Line. After four weeks of training with the Royal Marines the recruits are not coming up to standard. The troop are initially encouraged with rewards but, when they commit a cardinal sin during an exercise on the firing ranges, the sergeant in charge steps in and tries a very different type of encouragement. (T)

10.30 ITV News; Weather. (T)
11.05 Frost Tonight.

11.35 Soundtrack of My Life. Ali Campbell talks about the trials and rewards of a career in pop and his musical influences. He also performs UB40 hits and previews new solo material. Sarah Cawood presents.

12.05 Glitterball; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Operação Triunfo 1715 Live
1800 Portugal em Directo 1900 O
preço Certo 1955 Direto de
Antena 2000 News 2100 Grande
Entrevista 2145 A Herança 'De
Verão' 2245 Gotsend, film 0115
The Maltese Falcon, film 0400
Telealeas 0605 Nôs
RTP2
0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Sim Amor
1600 Zig Zag 1700 Nacional
Geographic 1815 Diário de Sôfia
1830 A Fé dos Homens 1900
Iniciativa 1945 Zig Zag 2045
Todos Contra o Chris 2145
Nacional Geographic 2200 News
2240 My Name is Earl 2330
Animais Como Nós 0030 Noites
da 2 0130 Roma 0230 Iniciativa
0415 Sociedade Civil 0545
Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta 1515
Contacto 1800 Pé na Jaca 1900
Ganhar é Que se Gente Se
Entende 2000 News 2115
Chiquititas 2215 Paraíso Tropical
2315 Vingaça 0015 CSI New
York 0115 CSI Las Vegas 0245
Sex in the City 0315 Film TBA
TVI
0700 Diário Da Manhã 1000 Vóce
na TV 1300 News 1400 Tarde de
Julia 1700 Quem Quer Ganha
1800 Morangos Com Açúcar 2000
News 2115 Ilha dos Amores 2115
Doce Fugitiva 2330 Tu e Eu 0100
Escritório 0200 Cartaz das Artes
0230 Toca a Ganhar 0345 TVI
Negócios 0400 Protector IV 0445
Telealeas

Best of the Rest

BBC3

7.00 The Most Annoying Pop
Songs We Hate to Love 8.00
Dog Borstal 9.00 The
Restaurant: You're Fried! 9.30
The Real Hustle 10.00
EastEnders 10.30 Danny:
Escaping My Female Body
11.30 How Not to Live Your
Life 12.00 The Most Annoying
Pop Songs We Hate to Love
12.55 Dog Borstal 1.55 The
Real Hustle 2.25 How Not to
Live Your Life 2.55 Danny:
Escaping My Female Body
3.55 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Bleak House 8.00
Venice 9.00 The Man Who
Walked Across the World 10.00
The Art of Catching Lobsters
11.30 The Protestant
Revolution 12.30 The Man Who
Walked Across the World 1.30
Racism: A History 2.30 The Art
of Catching Lobsters 4.00
Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40 Ricki
Lake 4.30 Sally Jessy Raphael
5.15 Airline 5.45 Judge Judy
7.00 The New Adventures of
Superman 8.00 Streetmate
9.00 The Black Donnellys 10.00
Secret Diary of a Call Girl
10.30 Entourage 11.00 The
Black Donnellys 12.00 Secret
Diary of a Call Girl 12.30
Entourage 1.00 Glitterball: ITV
Play 4.00 Teleshopping 6.00
Close

Sky One

1.00 Wonderfalls 2.00 Angel
3.00 Las Vegas 4.00 Stargate
Atlantis 5.00 Stargate Atlantis
6.00 Malcolm in the Middle

6.30 The Simpsons 7.00 The
Simpsons 7.30 The Simpsons
8.00 Premier League All Stars
10.00 Prison Break: Access
All Areas 11.00 Prison Break
12.00 Las Vegas 1.00 Premier
League All Stars - Extra Time
2.00 Star Trek: The Next
Generation 2.50 America's
Dumbest Criminals 3.15 British
Sex 4.10 Dream Team 5.05
Taste

UKTV Gold

1.00 Last of the Summer Wine
1.40 dinnerladies 2.20 Some
Mothers Do 'Ave 'Em 3.00 Only
Fools and Horses 3.40 Only
Fools and Horses 4.20 Only
Family 5.00 Dallas 6.00 Only
Fools and Horses 6.40 Only
Fools and Horses 7.20 Only
Fools and Horses 8.00 New
Tricks 9.00 The Vicar of Dibley
9.55 The Catherine Tate Show
10.35 Only Fools and Horses
11.15 I'm Alan Partridge 11.55
I'm Alan Partridge 12.35 The
Catherine Tate Show 1.15 My
Family 1.50 Wogan: Now and
Then 2.40 Dallas 3.30 Last of
the Summer Wine 4.00
dinnerladies 4.30 Some
Mothers Do 'Ave 'Em 5.10
Neighbours 5.35 Neighbours

TCM

1.00 The Last Time I Saw Paris
PG (1954) 3.00 The Treasure
of the Sierra Madre PG (1948)
5.30 Elvis on Tour PG (1972)
7.10 Welcome to Hard Times
PG (1967) 9.00 Frantic 15
(1988) 11.10 Blow-Up 15
(1966) 1.05 Village of the
Damned 12 (1960) 2.20
Teleshopping 2.35 The Yellow
Rolls-Royce PG (1964)

The Disney Channel

Kids' programmes from 7am,
except:

Sky Movies Drama

6.00 Family Secrets PG (2002)
7.30 Victim of Love PG (1993)
9.15 Miss Lettie and Me U (2002)
11.00 Diane: The Final Journey
12 (2007) With Jennifer Morrison.
1.00 Kingdom of Heaven 15 (2005)
With Orlando Bloom. 3.25 Family
Secrets PG (2002) With Tim
Redwine. 4.50 Victim of Love PG
(1993) With Dwight Schultz. 6.25
Miss Lettie and Me U (2002) With
Mary Tyler Moore. 8.00 Kingdom
of Heaven 15 (2005) With Orlando
Bloom. 10.25 Diane: The Final
Journey 12 (2007) With Jennifer
Morrison. 12.25 Flesh and Blood
18 (1985) With Jennifer Jason
Leigh. 2.35 The Offence 15
(1973) With Sean Connery. 4.35
Family Secrets PG (2002)

Sky Movies Comedy

6.20 Mastermind PG (1976) 7.50
A Young Connecticut Yankee in
King Arthur's Court PG (1994)
9.30 Theodore Rex PG (1995)
11.10 The Brady Bunch in the
White House 12 (2002) With
Shelley Long. 12.45 Mastermind
PG (1976) With Zero Mostel.
2 1 5
Theodore
Rex PG
(1995) With
Whoopi
Goldberg.
3 1 5
Elizabeth
12 (2005)
With Orlando
Bloom. 6.05
Nine Months
12 (1995)
With Hugh
Grant. 8.00
The Brady

Bunch in the White House 12
(2002) With Shelley Long. 9.30
Kenny Special 10.00
Elizabethtown 12 (2005) With
Orlando Bloom. 12.05 Private
Parts 18 (1997) With Howard
Stern. 2.00 Nine Months 12
(1995) With Hugh Grant. 3.45
Gridlock'd 18 (1997) 5.20 A Young
Connecticut Yankee in King
Arthur's Court PG (1994)

Sky Movies Action

6.15 Volcano: Fire on the Mountain
PG (1997) 8.00 Switchback 15
(1997) 10.05 DOA PG (1950)
11.45 Night Falls on Manhattan
15 (1997) With Andy Garcia. 1.40
Switchback 15 (1997) With Dennis
Quaid. 3.40 DOA PG (1950) With
Edmond O'Brien. 5.20 Rush Hour
12 (1998) With Jackie Chan. 12.40
Domino 15 (2005) With Keira
Knightley. 2.50 Rapid Fire 18
(1992) With Brandon Lee. 4.30
Volcano: Fire on the Mountain PG
(1997)

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Sky Sports 1

6.00 Total Rugby 6.30 European
Tour Weekly 7.00 WWE:
Experience 8.00 Carling Cup
Football 9.30 FIFA Futbol Mundial
10.00 European Tour Weekly 10.30
Live European Tour Golf. Day one
of the Seve Trophy. 5.00 IAAF
Athletix Weekly 5.30 Cricket
Awards 6.00 Carling Cup Football
7.00 Premier League World 7.30
Live Premier League Snooker.
The fourth meeting of the season
from Plymouth Pavilions. 11.00
Premier League World 11.30 The
Rugby Club 1.00 Carling Cup
Football 2.00 Premier League
Snooker 5.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 On
the Edge 7.00 Aerobics Oz Style
7.30 On the Edge 8.00 Watersports
World 9.00 Challenge Tour Golf
9.30 On the Edge 10.00 Show
Jumping 10.30 Total Rugby 11.00
Spanish Football 1.00 Carling Cup
Football 2.30 Total Rugby 3.00
Spanish Football 5.00 ATP Tennis
5.30 Sports Adventure 6.00 The
Rugby Club 7.30 Golf Night 10.00
Carling Cup Football 11.00 Cricket
Awards 11.30 NFL: Total Access
12.30 Golf Night 3.00 Close

Sky Sports 3

7.00 Mountain Biking 8.00 Eurodrift
Championship 8.30 Angling 9.30
Karting 10.00 Race World 11.00
Aerobics Oz Style 11.30 Racing
News 12.00 Watersports World
1.00 NFL: Total Access 2.00
Aerobics Oz Style 2.30 Wild Spirits
3.00 Watersports World 4.00
Transworld Sport 5.00 WWE: Heat
6.00 FIA GT Championship 7.00
Cricket Awards 7.30 Live Rugby

League. Coverage of a National
League play-off match. 10.00
WWE: Late Night - Raw 12.00
Extreme Championship Wrestling
1.00 British Ice Hockey 3.30 Rugby
League

British Eurosport

7.30 World Touring Car
Championship 8.00 Women's
International Football 9.00
Eurogoals 9.15 Cycling 10.15
Cycling 11.00 World Superbikes
11.30 Live Cycling. The men's
time-trial at the Road World
Championships. 1.00 Live
Women's International Football.
The second World Cup semi-final
(Kick-off 1.00pm). 3.00 Live
Cycling. The men's time-trial at the
Road World Championships. 4.00
Live WTA Tennis. The FORTIS
Championships. 5.00 Eurogoals
5.15 Live WTA Tennis. The FORTIS
Championships. 5.45 Women's
International Football 7.15 MotoGP
8.15 Live Rallying. The opening
day of the Intercontinental Rally
Challenge from Sanremo. 8.45
Motocross 9.30 Motocross 10.30
Cycling 11.30 Olympic Magazine
12.00 Escape 12.30 Close

Sky Sports Xtra

1.00 Mountain Biking 2.00
Eurodrift Championship 2.30
Karting 3.00 Bowls 4.00 On the
Edge 4.30 Aerobics Oz Style
5.00 NFL: Total Access 6.00 Bowls
7.00 British Ice Hockey 9.00
Premier League World 10.00 FIA
GT Championship 11.00 On the
Edge 11.30 Poker Week 12.00
Bowls 1.00 On the Edge 1.30
Poker Week 2.00 FIA GT
Championship 3.00 Sports
Adventure 3.30 ATP Tennis 4.00
IAAF Athletix Weekly 4.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Hard Sell. (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: LazyTown. (R) (T) 3.50 Bear Wrestling Badly. (T) 4.10 Shaun the Sheep. (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.30 The Basil Brush Show. (R) (T) 5.00 Trapped. (T) 5.25 Newsworld. (T)

5.35 Neighbours. Bree's meeting with her biological father goes well, prompting Allan to suggest the Timmins family move to Cairns so both she and Anne can spend time with their birth parents. Oliver finally opens the DNA results, while Ringo and Carmella are drawn together. Paul, Lou and Harold get into trouble at the football stadium. (R) (T)

6.00 CBBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 My Family. Susan and Ben contemplate having dance lessons, but they soon find out that it takes more than two to tango. Meanwhile, Michael's interest in girls is having a detrimental effect on his studies. Robert Lindsay and Zoe Wanamaker star. (R) (T) EastEnders. Roxy accuses Ben of stealing her engagement ring and terrifies him with her reaction. Max tries to avoid Bradley, knowing he has a question to ask him. Jane receives support from the newly arrived stranger and Heather makes a stand against her mother. (T)

8.30 After You've Gone. Jimmy is shown up in front of Siobhan when her father showers Diana with gifts. Excited by the prospect of a new man in his grandmother's life, Alex draws up a convoluted family tree. Meanwhile, Molly seeks make-up advice as she tries to impress a boy at school. Comedy, guest starring Nicky Henson. (T)

9.00 A Bucket O' French and Saunders. Lenny Henry and Adrian Edmondson make an appearance at a suburban dinner party, while boy band Bros answer questions, and Dawn French and Jennifer Saunders perform impressions of former Celebrity Big Brother contestants Jackie Stallone and Brigitte Nielsen. New material includes caricatures of Amy Winehouse and Britney Spears. (T)

9.30 Not Going Out. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. (T)
11.35 FILM: Stir of Echoes (1999). Psychological thriller, starring Kevin Bacon. (T)

1.05 FILM: New Port South (2001). Teen drama, starring Blake Shields; (T) Weatherview. 2.40 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beggies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsworld. (T) 7.30 Roar. (R) (T) 8.30 CBeebies: Mama Mirabelle's Home Movies. (R) (T) 8.45 Come Outside. (R) (T) 9.00 64 Zoo Lane. (R) (T) 9.15 Boo! (T) Elthelbert the Tiger. (R) (T) 9.30 Lunar Jim. (T) 9.45 Nina and the Neurons. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Look and Read. (T) 10.50 Focus. (T) 11.00 Maths Challenge. (T) 11.15 Maths Challenge. (T) 11.30 What? Where? When? Why? (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 FILM: Magic Town (1947). Satire, starring the late Jane Wyman. (T) (bw) 3.15 Open Gardens. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Nature's Calendar. (T) 7.00 The Gardener's Year. Gardening tips for autumn. Last in series. (R) (T) 7.30 The History Detectives. A soldier's uniform and pieces of Napoleon's coffin. (T) 8.00 How to Be a Gardener. Laying a wobble-free patio. (R) (T) 8.30 Gardeners' World. Making compost from garden and kitchen waste. (T) 9.00 India and Pakistan 07: Michael Wood: The Story of India. Events leading up to partition. Last in series. (T) 10.00 QI. With Jo Brand, Sean Lock and Rich Hall. (T) 10.30 Newswight. (T) 11.00 Newswight Review; (T) Weather. (T) 11.35 Mock the Week. (R) (T) 12.10 The Restaurant. (R) (T) 1.10 FILM: The Triple Echo (1972). World War Two romance, starring Glenda Jackson. (T) 2.40 Star Trek: The Next Generation. (R) (T) 3.25 Star Trek: The Next Generation. (R) (T) 4.10 Close.

Pick of the Day

The IT Crowd (C4, 10pm)

It might not have captured the public's imagination in quite the same way as Graham Linehan's most famous creation, Father Ted, but this series has been one of the best sitcoms to hit on our screens in a long time. Despite being set in the IT department of a cutting-edge company, there's something reassuringly old fashioned about it - while other comedy writers seem to be locked in a desperate battle to see who can make us squirm the most, Linehan is unafraid of creating sweet, likeable characters you wouldn't mind having a look at your hard drive. However, in this edition, the last in the current run, it looks as if the IT Crowd could be about to be broken up. Jen, who has never really been a computer whiz, has been offered a job that seems slightly more suited to her unique talents - working as Douglas's new PA. In theory, Moss and Roy should be glad to be rid of her, but will they really be able to manage without her there to boss them around? And how will Jen cope when she realises Douglas is interested in more than just her organisational skills? Katherine Parkinson, Richard Ayoade, Chris O'Dowd and Matt Berry star.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Parents & Teens: Welcome to My World; Burning Questions. (R) (T) 10.00 My Big Gay Prom; (R) (T) Burning Questions. (R) (T) 11.00 Chill Out; (T) I've Got This Friend. (R) (T) 11.30 Take Away My Takeaway; (R) (T) I've Got This Friend. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.30 Supporting Acts. (R) (T) 1.40 FILM: Three Coins in the Fountain (1954). Romantic comedy, starring Dorothy McGuire. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Crime levels in Cape Town. (T) 8.00 A Place in the Sun: Home or Away. Searching for properties in Edinburgh and Bratislava. (T) 9.00 Peter Kay's Phoenix Nights. Brian arranges a Ladies' Night. (R) (T) 9.30 Peter Kay's Phoenix Nights. Brian holds a Stars in Their Eyes show. Last in series. (R) (T) 10.00 The IT Crowd. Douglas hires Jen as his PA. Last in series. (T) 10.35 My Name Is Earl. (T) 11.05 Fonejacker. (T) 11.35 4Music: Transmission. 12.40 4Music: V Festival 2007: The Best Bits. 1.40 4Music: Dubplate Drama. (R) (T) 2.10 Goalsimmo. 3.30 Red Bull Air Race 2007. (R) (T) 4.00 Transworld Sport. (R) (T) 4.55 British GT Championship. (R) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerrots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.55 Little Lodgers. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 Russell Grant's Postcards. (R) (T) 1.25 FILM: Spools of War (1994). Touching drama, starring Kate Winslet. (T) 3.25 five news update. (T) 3.30 FILM: Stranger in Town (1998). Thriller, starring Harry Hamlin. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 RSPCA: On the Frontline. (T) 7.00 five news. (T) 7.30 Pimp My Ride UK. A 1959 Ford Anglia is transformed with the addition of such tasteful accessories as a customised grille, neon lights, new denim seats and a pin-up girl sandblasted into the rear window; (R) (T) 7.30 five news update. 8.00 Up Close and Dangerous. A cameraman is stranded on an ice floe with a polar bear. Last in series. (T) 9.00 NCIS: Three similar execution-style killings take place; (R) (T) 9.00 five news at 9. 10.00 Law & Order. A participant in a TV reality show is murdered. (R) (T) 11.00 Women Who Kill. (T) 11.30 Women Who Kill. (T) 12.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 2.59 London Weather. (T) 3.00 The Alan Titchmarsh Show. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goolden and John Burton Race judge the efforts of two amateur chefs in the Southern region final. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Paul continues to ignore his sister Nicola, whereas her dad Rodney decides it's time to talk and is shocked to find out her millionaire husband was in his seventies. Jasmine is also unhappy with her new boss and even more annoyed at David's complimentary attitude towards her. After a failed attempt from Andy, it's Val who finally convinces Jack to fight for his marriage to Diane and head off to Margate to find her. (T)

7.30 Live Rugby World Cup 2007. England v Tonga (Kick-off 8.00pm). Coverage of the Pool A match at the Parc des Princes in Paris, the final pool fixture for both sides. (T)

10.30 ITV News; Weather. (T)
11.00 Supernatural. Sam and Dean investigate the circumstances surrounding a series of mysterious deaths at an inn in Connecticut and they discover the owner is preparing to sell the business, but her two daughters are against the idea. Sam finds voodoo marks on items located around the hotel and the agent of the prospective buyer is later found dead. Fantasy drama, starring Jared Padalecki and Jensen Ackles. (T)

12.00 Glimmerball; (T) ITV News Headlines. 4.10 Under One Roof. (R) (T) 4.35 Under One Roof. (R) (T) 5.00 ITV Nightscreen.



LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Operação Triunfo 1715 Line
1800 Portugal em Directo 1900 O
Preço Certo 2000 News 2100 Se
Acontece aos Outros 2115
Avenida Europa 2145 Contra
2215 A Herança de Verão 2300
Fair Game, film 0100 The Green
Butchers, film 0200 Só Visto
0400 Teleales

RTP2
0700 EuroNews 0715 Zig Zag
1000 Assembleia da República
1300 Zig Zag 1400 Sociedade
Civil 1530 Sim Amor 1600 Zig Zag
1715 National Geographic 1815
A Fé dos Homens 1900 A Alma
e a Gente 1945 Zig Zag 2045
Todos Conta o Chris 2115
National Geographic 2200 News
2240 Irmãos e Irmãs 2330 Vídas
0030 Notícias da 2.0130 Bastidores
0200 Flip 0230 Arte & emoção
0300 Siciadeade Civil 0430
Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta 1515
Contacto 1800 Pé na Jaca 1900
Ganhar é Que se Gente Se
Entende 2000 News 2115
Chiquititas 2215 Paraíso Tropical
2315 Vingança 0015 CSI Las
Vegas 0115 Lone Hero, film 0300
Sex and the City 0330 Polhar da
Serpente

TVI
0700 Diário Da Manha 1000 Você
na TV 1300 News 1400 Mundialito
de Futebol de Praia 1700 Quem
Quer Ganha 1745 Morangos com
Açúcar - Férias de Verão 2000
News 2115 Euromilhoes 2130
Ilha dos Amores 2215 Doce
Fugitiva 2330 Tu e Eu 0030
Deadly Charades, film

BBC3
7.00 The Most Annoying Pop
Songs We Hate to Love 8.30
The Real Hustle 8.30
Spendaholics 9.00 Torchwood
9.50 Torchwood Declassified
10.00 EastEnders 10.30 Ideal
11.00 Ideal 11.30 The Real
Hustle 12.00 Family Guy 12.25
Family Guy 12.45 The Most
Annoying Pop Songs We Hate
to Love 1.40 Ideal 2.10 Ideal
2.40 Torchwood 3.30 Lucy: Teen
Transsexual in Thailand 4.30
Close

BBC4
7.00 World News Today 7.00
Weather 7.30 Bleak House 8.00
Bleak House 8.30 Transatlantic
Sessions 9.00 Joe Zavinuli: A
Musical Portrait 10.00
Masterpieces of the East 10.30
QI 11.00 Flight of the Conchords
11.30 Batman 11.55 Batman
12.20 Charlie Brooker's Screen
Wipe 12.50 Consenting Adults
2.10 Comics Britannia 3.10
Transatlantic Sessions 3.40
Charlie Brooker's Screen Wipe
4.10 Close

ITV2
1.30 The Jeremy Kyle Show
2.35 The Jeremy Kyle Show
3.40 Ricki Lake 4.30 Sally Jessy
Raphael 5.15 Airline 5.45 Judge
Judy 7.00 The New Adventures
of Superman 8.00 Airline USA
8.30 The X Factor 9.30 The Xtra
Factor 10.30 Streetmate 11.30
Ghosthunting with the Dingles
1.30 Glitterball: ITV Play 4.00
Teleshopping 6.00 Close

Sky One
1.00 Wonderfalls 2.00 Angel
3.00 Las Vegas 4.00 Stargate
Atlantis 5.00 Stargate Atlantis
6.00 Malcolm in the Middle 6.30
The Simpsons 7.00 The
Simpsons 7.30 The Simpsons

8.00 Premier League All Stars
10.00 Road Wars 11.00 Street
Wars 12.00 Star Trek: The Next
Generation 1.00 Premier League
All Stars - Extra Time 2.00
Lovespring International 2.25
Star Trek: The Next Generation
3.15 Sex on the Beach 4.10
Dream Team 5.05 Taste

UKTV Gold
1.00 Last of the Summer Wine
1.40 dinnerladies 2.20 Some
Mothers Do 'Ave 'Em 3.00 Only
Fools and Horses 3.40 Only
Fools and Horses 4.20 My
Family 5.00 Dallas 6.00 Doctor
Who 7.20 The Vicar of Dibley
8.00 Dancing with the Stars
9.00 Dancing with the Stars
10.20 EuroMillions: Boom Bang
a Bang 10.30 Dancing with the
Stars 11.30 Film: The Others 12
(2001) 1.35 I'm Alan Partridge
2.15 Wogan: Now and Then
3.05 Dallas 3.55 Last of the
Summer Wine 4.25 dinnerladies
4.55 Some Mothers Do 'Ave
'Em 5.25 Close Up 5.35
Neighbours

TCM
1.00 Mrs Brown, You've Got a
Lovely Daughter U (1968) 3.00
Love Me or Leave Me PG (1955)
5.10 Three Little Words U (1950)
7.00 The Gang That Couldn't
Shoot Straight PG (1971) 9.00
Fearless 15 (1993) 11.10 The
Dirty Dozen 15 (1967) 1.45 No
Guts, No Glory: 75 Years of
Stars 2.40 Teleshopping 2.55
The Champ PG (1979)

The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Johnny
Kapahala: Back on Board (2007)
Comedy sequel, starring Brandon
Baker. 9.30 Film: Johnny Kapahala:
Back on Board (2007) Comedy
sequel, starring Brandon Baker.

Best of the Rest

Sky Movies Drama

6.15 Hockey Mom PG (2003)
8.05 The Clinic PG (2004) 9.45
These Foolish Things 12 (2006)
11.50 Hockey Mom PG (2003)
With Jessalyn Gilsig. 1.40
Freedomland 15 (2006) With
Samuel L Jackson. 3.40 The
Clinic PG (2004) With
Jonathan Scarfe. 5.25 The
Brave One Special 5.55 These
Foolish Things 12 (2006) With
Zoe Tapper. 8.00 Freedomland
15 (2006) With Samuel L
Jackson. 10.00 Mean Creek
15 (2004) With Rory Culkin.
11.35 Hustle and Flow 15
(2005) With Terrence Howard.
1.35 Obsessed 12 (2002) With
Jenna Elfman. 3.15 Murder at
My Door 15 (1996) 4.45 Hockey
Mom PG (2003)

Sky Movies Comedy

7.00 Kiss Me, Stupid PG (1964)
9.10 Teen Wolf PG (1985) 10.55
The Castle 15 (1998) 12.35
The 40 Year Old Virgin 15
(2005) With Steve Carell. 2.35
Drop Dead Fred 15 (1991) With
Rik Mayall. 4.25 Teen Wolf PG
(1985) With Michael J Fox.
6.10 Melinda and Melinda 12
(2004) With Radha Mitchell.

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

MOVIES

8.00 The Castle 15 (1998)
With Michael Caton. 9.40 The
40 Year Old Virgin 15 (2005)
With Steve Carell. 11.40 Drop
Dead Fred 15 (1991) With Rik
Mayall. 1.25 I Now Pronounce
You Chuck and Larry Special
1.45 The Silence of the Hams
15 (1993) With Billy Zane. 3.10
Melinda and Melinda 12 (2004)
4.55 Kiss Me, Stupid PG
(1964)

Sky Movies Action

6.05 Chill Factor 15 (1999)
7.50 Diplomatic Siege 15
(1999) 9.35 Flightplan 12
(2005) 11.20 Red Dawn 15
(1984) With Patrick Swayze.
1.20 Deep Impact 12 (1998)
With Robert Duvall. 3.25 Chill
Factor 15 (1999) With Cuba
Gooding Jr. 5.10 Diplomatic
Siege 15 (1999) With Tom
Berenger. 6.55 The Top 10
Show 7.15 Flightplan 12 (2005)
With Jodie Foster. 9.00 Red
Dawn 15 (1984) With Patrick
Swayze. 10.55 Payback 18
(1999) With Mel Gibson. 12.50
The Descent 18 (2005) With
Shauna MacDonald. 2.45
Basic Instinct 2 18 (2006)
With Sharon Stone. 4.45 Angel
Flight Down PG (1996)

Sky Sports 1

6.00 Carling Cup Football 7.00
WWE: Raw 9.00 Premier League
World 9.30 Carling Cup Football
10.30 Live European Tour Golf.
Day two of the Seve Trophy.
5.00 FIFA Futbol Mundial 5.30
Premier League World 6.00 Big
League Weekend 7.00 Premier
League Preview 7.30 Live Super
League. St Helens v Leeds
Rhinos (Kick-off 8.00pm). 10.00
Live Friday Fight Night. Top bouts.
12.00 Super League 2000 Friday
Fight Night 4.00 Big League
Weekend 5.00 Premier League
Preview 5.30 Kiteboarding

Sky Sports 2

6.00 Aerobics Oz Style 6.30 On
the Edge 7.00 Aerobics Oz Style
7.30 On the Edge 8.00 FIA GT
Championship 9.00 On the Edge
9.30 Poker Week 10.00 The
Rugby Club 11.30. Premier
League Snooker 3.00 The Rugby
Club 4.30 World Sport 5.00 A1
Grand Prix 5.30 Live Rugby
Union. Valke v Western Province
(Kick-off 5.30pm). 7.30 Golf
Night 10.00 Big League Weekend
11.00 Premier League Preview
11.30 NFL: Total Access 12.30
NFL Weekly Review 1.00 Golf
Night 3.30 NFL Weekly Review
4.00 Tight Lines 5.00 On the
Edge 5.30 Rally World

Sky Sports 3

6.00 Close 7.00 Sports
Adventure 7.30 IAAF Athletics
Weekly 8.00 ATP Tennis 8.30
Rugby League 11.00 Cricket
Awards 11.30 Racing News 12.00
Transworld Sport 1.00 NFL: Total
Access 2.00 On the Edge 2.30
Transworld Sport 3.30 Cricket

Awards 4.00 FIA GT
Championship 5.00 WWE: Raw
7.00 Twenty20 World
Championship Cricket 10.00
WWE: Late Night - Smackdown
12.00 WWE: Late Night - Bottom
Line 1.00 Tight Lines 2.00
Sportnation 3.00 A1 Grand Prix
3.30 Sailing 4.00 NFL: Total
Access 5.00 World Sport 5.30
Sailing

British Eurosport

7.30 Escape 8.00 Women's
International Football 9.00
Cycling 10.00 World Superbikes
11.00 World Touring Car
Championship 11.30
euroCRASH! 11.45 Live Rallying.
The Intercontinental Rally
Challenge from Sanremo. 12.15
Cycling 1.00 Live Athletics. The
Shanghai Golden Grand Prix.
3.00 Live WTA Tennis. Coverage
of the FORTIS Championships
quarter-finals. 5.00 Eurogoals
5.30 Live WTA Tennis. Coverage
of the FORTIS Championships
quarter-finals. 7.15 World
Superbikes 9.00 GP2 Racing
10.00 World Touring Car
Championship 10.30 Yoz
Magazine 11.00 Eurogoals 11.30
Athletics 12.30 Close

Sky Sports Xtra

8.30 British Ice Hockey 11.00
IAAF Athletics Weekly 11.30 ATP
Tennis 12.00 Twenty20 World
Championship Cricket 3.00
Bowls 4.00 On the Edge 4.30
Moto Plus 5.00 NFL: Total
Access 6.00 Bowls 7.00 Tight
Lines 8.00 NFL Weekly Review
8.30 A1 Grand Prix 9.00
Sportnation 10.00 Rugby Union
12.00 Bowls 1.00 Twenty20
World Championship Cricket 4.00
Super League

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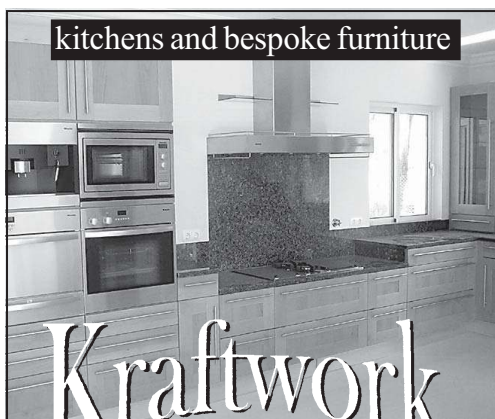


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Upon returning home after the

first day of the demolition, I found several pictures and a plaque had fallen off the shelves in our hallway. I was saddened to notice that two figurines that were precious to me had fallen from the desk down onto the tile floor where they broke into several pieces. The figurines of two ladies with hands folded and heads bowed in prayer were given to me by a dear friend. Like the two ceramic women facing each other and constantly in a posture of prayer, Jan and I had promised to pray faithfully for each other even though we live thousands of miles apart.

One figurine broke into two pieces at the waist. The other has a broken head and both hands also broke off. Perhaps I should have tossed all the pieces into the trash but the sentimental value of the gift kept me from doing so. Every time I walked past them I could not help but notice the pieces and think about the friend who gave them to me and the relationship they symbolized. Though the figurines are no

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CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9.30 every Sunday. Info Rosie Baden-Powell 289 328302; St. Luke's, Monte da Palhaqueira, Górgões. (Nr. Sta. Barbara) Holy Communion 11.30 a.m. every Sunday. Info Maxine Srivastava 917 267 948; Luz Senora da Luz Holy Communion. 12.00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

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CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás at 5pm, Rua 25 de Abril, n.º 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am, at St. Lourenço Church - Almancil - 6.30pm, at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto on 966168120 or Vitoronvgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 117, R/C-D1 Portimão. Bible study on Tuesdays: 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraia Shopping Centre near the church. Tel: 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN LAGOS. Our mission: Matthew 28:18-20. Meeting daily Wednesdays at 7pm and Sundays at 10.30 am, at Praça Luis de

Camões No 14 Lagos. Stefan Saunders (Pastor) Tel: 963 165 983.

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho), Tel. 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE

Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School. For further information: 289 328635. **LAGOA CHRISTIAN FELLOWSHIP** An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12.30 pm. Portuguese translation available. New address: EN125 - Vale de Louzas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel: 968 801 237. Visit our website at www.lagofellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966380404. E-mail: jackiedmro@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINHA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

Oporto

GREATER GRACE World Outreach has LIVE (and archived!) internet church services for free viewing through their website, www.ggwo.org; contemporary and inspiring worship, uplifting music and outstanding Bible teaching. Their ministry contacts in Portugal can also be found under the "Missions" link - Check it out and be blessed!

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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoport.com

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6.00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Sautade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

longer in one piece, our friendship remains strong and true. It cannot be so easily fractured. In fact, I have prayed for Jan more than usual over the past few days as I have lamented the broken figurines.

Sad but not disheartened, I have also done a bit more thinking about prayer and the friendship I have with my Heavenly Father. My relationship with God is a valuable, eternal gift that no one can destroy or take away from me. John chapter 10 uses another "farming" analogy to describe the Father's love for

His children.. He is my shepherd; I belong to Him. No one can take me out of my Father's hands.

"I give them eternal life, and they will never perish. No one can snatch them away from me, for my Father has given them to me, and he is more powerful than anyone else."

John 10:28-29

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page or email joycevoelker@hotmail.com

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LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

THE ANIMAL charity shop in Montecoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

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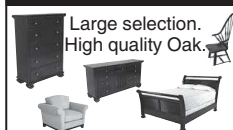
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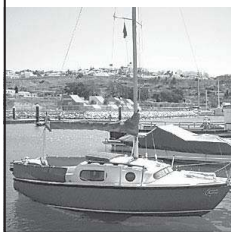
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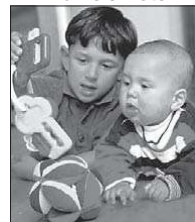
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For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

Explorers & Climbers Mother & toddler group meets every Tuesday at 9.45am - 11.30 am.



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ALCOHOLICS ANONYMOUS English speaking meetings 7pm Sun., The Crypt, Igreja de Santo António, Av. de Marginal, Estoril; and 7pm Tues., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. (Please confirm Tues. meeting - mobile 965 059 949).

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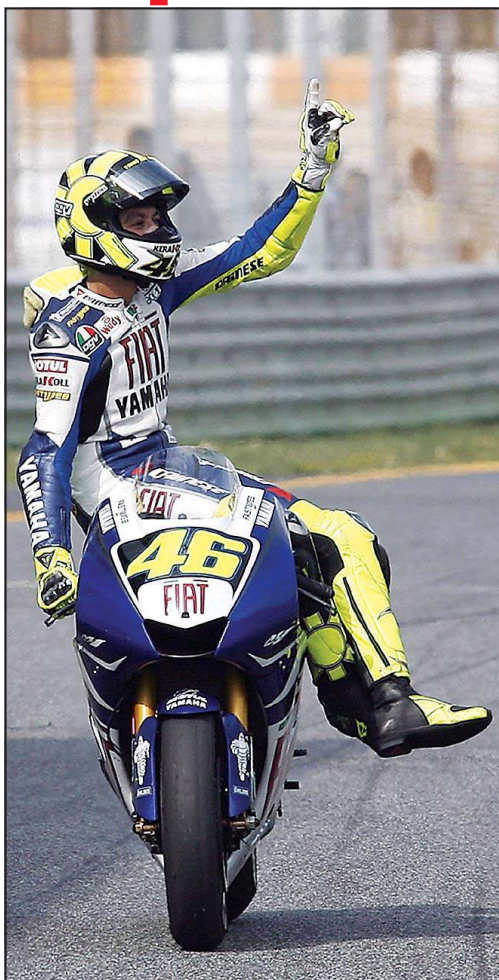
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Italian Valentino Rossi on Yamaha celebrates after winning the Portugal Moto GP at the Estoril track last Sunday. (Photo: EPA / Paulo Carrico)

Vanessa Fernandes takes third straight Beijing title



Vanessa Fernandes continues to be behind one of the most dominating seasons in ITU history while cementing herself as the Olympic favourite with a convincing win at today's Beijing BG Triathlon World Cup, the official test event for next summer's Olympic Games. Aussie Emma Snowsill finished second but was more than a full minute behind while Laura Bennett came third, an exact replica of the podium at the Hamburg BG Triathlon World Championships two weeks ago.

Vanessa Fernandes, the world number one, turned 22 years old yesterday and celebrated it with her third consecutive Beijing world cup title. It was her fifth world cup win of 2007, adding to her world championship, European championship and duathlon world crown.

Nervous energy was evident from the start of the non-wetsuit swim as half the women dove

into the water before the start horn. The athletes swam hard for about a hundred metres before officials stopped them and directed them back to the pontoon.

When they finally did get off to a clean start, it was the American women who surged to the lead. Snowsill and Fernandes were not far behind as the leaders headed out onto the 40-kilome-

tre bike course.

Early in the bike, Snowsill and Fernandes pushed to the front of the lead pack, clearly not afraid to put in the work to break away. As they came off their bikes, Ricarda Lisk of Germany and Bennett were first out of transition but within seconds, they watched Fernandes explode past them to steal the lead. Bennett tried to stay with her early but

after the first lap but the world number one broke away and manufactured a 15-second lead. By the second lap, Fernandes opened up a 42-second gap and it was unlikely any woman was going to catch her.

The Portuguese sensation leaves Beijing with her 18th career world cup win, now just one shy of tying Emma Carney's all-time record.

No change as Big Three all win

FC Porto have moved clear at the top of the table after beating second-placed Marítimo 1-0 at the Dragão Stadium in Oporto on Saturday. Sporting and Benfica have ensured they don't lose sight of the defending champions after sealing easy victories.

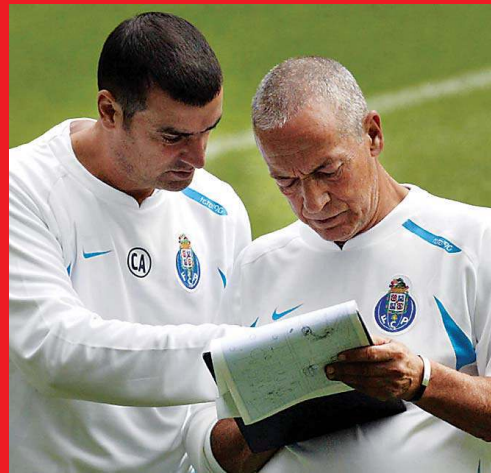
A resurgent Benfica under new coach José António Camacho recorded their second consecutive 3-0 victory, when they beat Naval in Lisbon to move to eight points in the table, four behind leaders FC Porto.

Sporting, who except for their loss against their Oporto rivals earlier in the season, have also continued to string up victories, coming back from their visit to Estrela Amadora with a 2-0 win.

Benfica face a tough task this weekend when they travel north to sixth-placed Sporting Braga, while Sporting will host the always dangerous Vitória Setúbal, who are currently fifth.

FC Porto will make the short trip to Paços de Ferreira, and should be optimistic of beating a team that has yet to win a match this season.

Photo right: FC Porto coach, Jesualdo Ferreira and his assistant Carlos Azenha, during the training session on Monday at Dragão Stadium in Oporto, in preparation of the UEFA Champions League soccer match against Liverpool the next day. (Photo: Lusa / João Abreu Miranda)



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SUPERLEAGUE FIXTURES DAY 5

| MATCH | DATE | TIME | TV |
|----------------------|--------|-------|---------|
| Naval-Guimarães | Friday | 20h30 | SportTV |
| Leixões-Nacional | Sunday | 16h00 | |
| Braga-Benfica | Sunday | 18h00 | SportTV |
| Marítimo-Belenenses | Sunday | 18h30 | |
| P. Ferreira-FC Porto | Sunday | 19h30 | TVI |
| Leiria-Amadora | Sunday | 19h45 | |
| Sporting-Setúbal | Sunday | 21h15 | SportTV |
| Boavista-Académica | Monday | 19h45 | SportTV |

At least Portugal scored



Portugal would have undoubtedly taken the 13 points they scored against New Zealand had they been given the choice before the match. While conceding 16 tries, and 108 points in the process, does not make for the best reading, Portugal once more did themselves and their nation proud against the world's top-ranked team.

Despite losing the first three matches at their first-ever World Cup, Portugal has been treated with fondness, and perhaps some sympathy at their debut tournament.

But the All Blacks, tipped as favourites, were not in a charitable mood, and probably had set out to score 100-plus points before kick-off.

An illustration of Portugal's enthusiasm despite this drubbing, is coach Tomaz Morais, who was the proudest man in Lyon after the defeat against New Zealand.

"It is an excellent day for rugby in Portugal and rugby across the world.

"Rugby has to evolve and only by playing the best can teams like Portugal do that. I don't think it was a disappointing game, it was a good spectacle and there was a great atmosphere in the stadium.

"They have beaten good teams by 70 or 80 points, but we scored a try and played very well. All

the players that came back today came as survivors, we couldn't resist their physicality but we played rugby from the first to last."

Similarly, New Zealand coach Graham Henry felt Portugal did

themselves proud.

"I think it was a really good occasion. The crowd really enjoyed the rugby, we're pleased with our guys.

"We started a little slower than last week and that was credit to

the Portuguese but we got into a rhythm.

"I think it was a pretty good game all round and I hope the Portuguese are pleased. They seemed to be happy after the game."

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